

Health Enhancement (Grade 9)

Prerequisite: None

Credit: 1 year, 1 credit

Course Overview:

Students will participate in a wide range of individual and team activities. Basic moves, rules, and game strategy are covered. Age appropriate health and wellness concerns are presented in health. All aspects of the health enhancement program work toward an informed background for student decision making and healthy lifestyles. The class runs on an alternating schedule—health twice a week, activities twice a week and a wellness/fitness day once a week. The content of the SD6 Health Enhancement curriculum is aligned with the National Standards for H/PE and the Montana Content Standards and Benchmarks for Health Enhancement.

SD6 Health Standards

1. Students will have a basic knowledge and understanding of concepts that promote comprehensive health.
2. Students will demonstrate the ability to use critical thinking and decision making to enhance health.
3. Students will demonstrate interpersonal communication skills to enhance health.
4. Students will demonstrate health-enhancing behaviors.

SD6 Physical Education Standards

1. Students will demonstrate competency in performance and application of concepts in a variety of movement forms.
2. Students will achieve and maintain a challenging level of health-related physical fitness.

Health Education Segment

Standard 1: Students will have a basic knowledge and understanding of concepts that promote comprehensive health. (HECS—1, 3, 5, 7)

Benchmarks

1.1 Students will comprehend the wellness pentagon. (1.12.5, 5.12.6)

Students will:

	Essential Learnings	Assessment	Map
1.1.1	identify physical concept.	V, W for all.	D
1.1.2	identify mental concept.		D
1.1.3	identify social concept.		D

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1.1.4	identify emotional concept.		D
1.1.5	identify spiritual concept.		D
1.1.6	interpret pentagon relationships.		I

1.2 Students will comprehend nutrition. (5.12.3-6)

Students will:

Essential Learnings		Assessment	Map
1.2.1	identify essential nutrients.	V, W	D
1.2.2	understand nutritional needs.	V, W	D
	a) utilize the food pyramid.	V, W	D
	b) recognize ethnic difference.	V	I, D
1.2.3	recognize deficient diet.	V, W	I, D
	a) analyze fast foods.	P	I, D
	b) recognize influence of sugar, sodium, fats.	P	D
	c) recognize influence of alcohol, drug abuse.	P	I
1.2.4	understand basal metabolic rate, calorie needs.	V, W	I, D
	a) demonstrate knowledge of individual calorie needs.	V, W, P	I
	b) recognize differences in activities and calories used.	V, W, P	I
1.2.5	design healthy diet.	V, P	I, D
	a) demonstrate knowledge of personal caloric needs.	P	I, D
	b) record calories, fats, proteins, carbohydrates for two days	P	I, D

1.3 Students will develop knowledge of muscles. (3.12.3, 5.12.6)

Students will:

Essential Learnings		Assessment	Map
1.3.1	understand energy and metabolism.	V, W for all.	D
1.3.2	recognize how muscles work.		I, D
1.3.3	understand muscle development.		I, D
1.3.4	identify 15 major muscles.		I, D

1.4 Students will understand fitness concepts. (5.12.3-6, 7.12.1-5)

Students will:

Essential Learnings		Assessment	Map
1.4.1	understand aerobics.	V, W	D
1.4.2	utilize training concepts (e.g., power, strength, endurance).	V, W	I, D
1.4.3	understand cardiovascular fitness (e.g., heart function, aging).	V, W	D
1.4.4	develop a lifetime wellness plan using individual fitness goals.	P	I, D
1.4.5	understand strains and sprains.	V, W	I, D
	a) utilize R.I.C.E.		I, D
	b) define warmup/cool down		D

1.5 Students will develop knowledge of the human skeleton. (3.12.3, 5.12.6)

Students will:

Essential Learnings	Assessment	Map
1.5.1 identify the major bones.	V, W for all.	D
1.5.2 identify joints.		I, D

1.6 Students will understand personal care and appearance. (1.12.1-3, 5.12.3-6)

Students will:

Essential Learnings	Assessment	Map
1.6.1 understand skin care	V, W for all.	I, D
1.6.2 understand hair and nail care		I, D
1.6.3 understand tooth and gum care		D

Standard 2: Students will demonstrate the ability to use critical thinking and decision making to enhance health. (HECS—1, 5)

2.1 Students will develop decision making skills. (1.12.4, 5.12.1-2)

Students will:

Essential Learnings	Assessment	Map
2.1.1 understand the individual decision making process.	V, W, P for all.	I, D
2.1.2 recognize personal quality of life.		I, D
2.1.3 recognize lifestyle relationships.		I, D
2.1.4 recognize responsibility/trust.		I, D
2.1.5 recognize individual differences/lifestyles.		I, D
2.1.6 demonstrate personal decision process.		I, D
2.1.7 discuss freshman growth.		I
2.1.8 apply goal setting.		I, D

2.2 Students will develop knowledge of reproduction. (5.12.1-2, 5.12.6)

Students will:

Essential Learnings	Assessment	Map
2.2.1 discuss children/family.	V, W	D
2.2.2 comprehend human development.	V, W	D
2.2.3 comprehend male reproduction.	V, W	D
a) discuss function.		D
b) discuss sperm growth sequence.		D
2.2.4 comprehend female reproduction.	V, W	D
a) discuss functions of organs.		D
b) identify the menstrual cycle.		D
2.2.5 understand STDs.	V, W	D
2.2.6 comprehend self exams.	P	I, D

2.3 Students will recognize media influence. (5.12.1-2)

Students will:

Essential Learnings	Assessment	Map
2.3.1 understand commercial influences.	V, W for all.	I, D
2.3.2 understand assumed ideals (e.g., body types).		I, D
2.3.3 discuss personal strengths.		D

Standard 3: Students will demonstrate interpersonal communication skills to enhance health. (HECS—5, 6)

3.1 Students will develop an understanding of mental health. (5.12.1-2, 5.12.6, 6.12.1-6)

Students will:

Essential Learnings	Assessment	Map
3.1.1 define mental health.	V, W for all.	D
3.1.2 understand influences.		D
a) define self-concept.		
b) define stress.		
c) define peer pressure.		
d) understand mental disorders.		
e) discuss communication.		
3.1.3 discuss impact.		I, D
3.1.4 discuss suicide.		D

3.2 Students will develop an understanding of conflict resolution. (5.12.1-2, 6.12.1-6)

Students will:

Essential Learnings	Assessment	Map
3.2.1 discuss personal style.	V, W for all.	D
3.2.2 consider “fight or flight”.		I, D
3.2.3 understand family influence.		D
3.2.4 value communication.		I, D
3.2.5 discuss gangs/influences.		D
3.2.6 determine personal plan.		D

3.3 Students will develop knowledge of relationships. (5.12.1-2)

Students will:

Essential Learnings	Assessment	Map
3.3.1 understand growth/maturity.	V, W for all.	D for all.
3.3.2 understand variety of “families”.		
3.3.3 understand changing responsibilities.		
3.3.4 understand dating communication.		
3.3.5 understand sex roles/gender expectations.		
3.3.6 understand “love”.		

Standard 4: Students will demonstrate health-enhancing behaviors. (HECS—1, 5, 7)

4.1 Students will develop an understanding of disease. (1.12.5, 5.12.6, 7.12.3-5)

Students will:

Essential Learnings	Assessment	Map
4.1.1 understand communicable disease.	V, W for all.	D, M
4.1.2 understand immunizations.		D, M
4.1.3 recognize common disease.		D, M
4.1.4 recognize non-communicable disease.		D, M
a) discuss cancer/treatment.		
b) understand heart disease.		
c) understand inherited conditions.		
4.1.5 discuss changes.		D, M
a) discuss how concerns change with generations.		
4.1.6 recognize over-the-counter drugs.	I, D	
4.1.7 develop a knowledge of antibiotics.	I, D	
4.1.8 understand the influence of hygiene.	D, M	
4.1.9 develop a knowledge of AIDS/HIV.	D, M	
a) discuss updates/recent information.		
b) review lifestyles/decisions.		

4.2 Students will develop an understanding of substance use and abuse. (1.12.2, 5.12.1-2, 5.12.6)

Students will:

Essential Learnings	Assessment	Map
4.2.1 recognize signs and symptoms.	P	D for all.
4.2.2 discuss users.	V, W for all.	
4.2.3 recognize emotional impact. (e.g., family and self influences).		
4.2.4 develop a knowledge of use outcomes/results.	P	
a) impact on school/friends/family/life.		
b) discuss why people use/abuse.		
c) understand knowledge of addiction.		

4.3 Students will develop an understanding of eating disorders. (1.12.1-2, 5.12.1-2, 5.12.6)

Students will:

Essential Learnings	Assessment	Map
4.3.1 discuss personal/media pressures.	V, W for all.	D for all.
4.3.2 recognize anorexia.		
4.3.3 recognize bulimia.		
4.3.4 understand lifetime pressures.		

Physical Education Segment

Standard 1: Students will demonstrate competency in performance and application of concepts in a variety of movement forms. (HECS—2-4)

Benchmarks

1.1 Students will understand and apply knowledge of basketball. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.1.1 display skill basics.	V, O	D for all.
1.1.2 comprehend basic terminology.	V, W, O	
1.1.3 comprehend basic offense.	O	
1.1.4 comprehend defense.	O	
1.1.5 display teamwork/strategy.	O	
1.1.6 display knowledge of scoring and rules.	O, W	
1.1.7 demonstrate appropriate safety guidelines.	O	
1.1.8 demonstrate appropriate equipment respect and care.	O	
1.1.9 expand lifetime activity.	V	

1.2 Students will understand and apply knowledge of soccer. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.2.1 display skill basics.	O	D for all.
1.2.2 comprehend basic terminology.	V, W, O	
1.2.3 comprehend offense.	V, O	
1.2.4 comprehend match up defense.	V, O	
1.2.5 display teamwork/strategy.	O	
1.2.6 display knowledge of scoring and rules.	V, W, O	
1.2.7 demonstrate appropriate safety guidelines.	O	
1.2.8 demonstrate appropriate equipment respect and care.	V, O	
1.2.9 expand lifetime activity.	V	

1.3 Students will understand and apply knowledge of flag football. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.3.1 display basic ball-handling skills.	O	D for all.
1.3.2 comprehend basic terminology.	V, W, O	
1.3.3 utilize position play (e.g., receiver, center, QB, safety).	O	
1.3.4 utilize match up defense.	V, O	
1.3.5 display teamwork/strategy.	O	
1.3.6 display knowledge of scoring and rules	V, W, O	
1.3.7 demonstrate appropriate safety guidelines.	O	

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1.3.8	demonstrate appropriate equipment respect and care.	O	
1.3.9	expand lifetime activity.	V	

1.4 Students will understand and apply knowledge of table tennis. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings		Assessment	Map
1.4.1	demonstrate skill basics.	V, O	I, D
1.4.2	display knowledge of scoring and rules.	V, W, O	I, D
1.4.3	demonstrate appropriate equipment respect and care.	V, O	I, D
1.4.4	demonstrate appropriate safety guidelines.	V, O	I, D
1.4.5	expand lifetime activity.	V	D

1.5 Students will understand and apply knowledge of golf. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings		Assessment	Map
1.5.1	demonstrate basic golf swing.	V, O	I, D for all.
1.5.2	demonstrate knowledge and use of specific clubs.	V, O	
1.5.3	utilize basic terminology	V	
1.5.4	display entry level game strategy.	O	
1.5.5	display knowledge of scoring and rules.	V, W	
1.5.6	demonstrate appropriate equipment respect and care.	V, O	
1.5.7	demonstrate appropriate safety guidelines.	V, O	
1.5.8	expand lifetime activity	V	

1.6 Students will understand and apply knowledge of bowling. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings		Assessment	Map
1.6.1	demonstrate skill basics (e.g., proper delivery and approach).	V, O	I, D for all.
1.6.2	comprehend basic terminology.	V, W, O	
1.6.3	display knowledge of scoring and rules.	V, W, O	
1.6.4	demonstrate appropriate equipment respect and care.	V, O	
1.6.5	demonstrate appropriate safety guidelines.	V, O	
1.6.6	expand lifetime activity.	V	

1.7 Students will understand and apply knowledge of speedball. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings		Assessment	Map
1.7.1	demonstrate basic soccer skills.	V, O	D for all.
1.7.2	understand basic football strategy.	V, W, O	
1.7.3	display basic game combinations (e.g., lift of self, lift to partner, pass/receive).	V, O	
1.7.4	display teamwork/strategy.	O	
1.7.5	display knowledge of scoring and rules	O	

1.7.6	demonstrate appropriate safety guidelines.	V, W, O	
1.7.7	expand lifetime activity.	V, O V	

1.8 Students will understand and apply knowledge of team handball. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings		Assessment	Map
1.8.1	demonstrate skill basics.	V, O	I, D for all.
1.8.2	understand game concept (e.g., offense, defense).	V, W, O	
1.8.3	display teamwork/strategy.	O	
1.8.4	display knowledge of scoring and rules.	V, W, O	
1.8.5	demonstrate appropriate equipment respect and care.	V, O	
1.8.6	demonstrate appropriate safety guidelines.	V, O	
1.8.7	expand lifetime activity.	V	

1.9 Students will understand and apply knowledge of scooter-soccer. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings		Assessment	Map
1.9.1	demonstrate skill basics.	V, O	I, D for all.
1.9.2	utilize offense/defense.	V, W, O	
1.9.3	experience fitness benefits.	V, O	
1.9.4	display sportsmanship.	V, O	
1.9.5	display teamwork/strategy.	O	
1.9.6	display knowledge of scoring and rules.	V, W	
1.9.7	demonstrate appropriate equipment respect and care.	V, O	
1.9.8	demonstrate appropriate safety guidelines.	V, O	

1.10 Students will understand and apply knowledge of pickleball. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings		Assessment	Map
1.10.1	demonstrate basic swings (e.g., forehand, backhand, smash, serve).	V, O	I, D for all.
1.10.2	comprehend basic terminology.	V, W, O	
1.10.3	understand game concept.	V, O	
1.10.4	display teamwork/strategy.	O	
1.10.5	display knowledge of scoring and rules.	V, W, O	
1.10.6	demonstrate appropriate equipment respect and care.	V, O	
1.10.7	demonstrate appropriate safety guidelines.	V, O	
1.10.8	expand lifetime activity.	V	

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1.11 Students will understand and apply knowledge of volleyball. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.11.1 demonstrate basic ball handling skills (e.g., overhead set, forearm pass, basic spike, basic block, serve, movement/footwork).	V, O	D for all.
1.11.2 comprehend basic terminology.	V, W, O	
1.11.3 display teamwork/strategy.	O	
1.11.4 display knowledge of scoring and rules.	V, W, O	
1.11.5 demonstrate appropriate equipment respect and care.	V, O	
1.11.6 demonstrate appropriate safety guidelines.	V, O	
1.11.7 expand lifetime activity.	V	

1.12 Students will understand and apply knowledge of badminton. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.12.1 demonstrate basic game swings (e.g., forehand, backhand, smash, lob, serve).	V, O	I, D for all.
1.12.2 comprehend basic terminology.	V, W, O	
1.12.3 display teamwork/strategy.	V, O	
1.12.4 display knowledge of scoring and rules.	V, W, O	
1.12.5 demonstrate appropriate equipment respect and care.	V, O	
1.12.6 demonstrate appropriate safety guidelines.	V, O	
1.12.7 expand lifetime activity.	V	

1.13 Students will understand and apply knowledge of cross country skiing. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.13.1 demonstrate basic cross country skills (e.g., kick and glide, uphill herringbone).	V, O	I, D for all.
1.13.2 comprehend basic terminology.	V, W, O	
1.13.3 display basic knowledge of equipment choice.	V, O	
1.13.4 utilize appropriate safety techniques and guidelines.	V, O	
1.13.5 demonstrate appropriate equipment respect and care.	V, O	
1.13.6 demonstrate appropriate safety guidelines.	V, O	
1.13.7 expand lifetime activity.	V	

1.14 Students will understand and apply knowledge of archery. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.14.1 demonstrate basic shooting skills.	V, O	I, D for all.
1.14.2 recognize instinctive shooting.	V, O	
1.14.3 comprehend basic terminology.	V, W	

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1.14.4	display basic knowledge and sizing of equipment (e.g., bow, bow parts, arrow parts).	V, W	
1.14.5	demonstrate appropriate use of equipment.	V, O	
1.14.6	demonstrate appropriate equipment respect and care.	V, O	
1.14.7	demonstrate extreme safety techniques and guidelines a) follow range commands (e.g. fire, cease fire, retrieve arrows). b) understand no one in front of shooter.	V, O	
1.14.8	expand lifetime activity.	V	

1.15 Students will understand and apply knowledge of softball. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings		Assessment	Map
1.15.1	demonstrate basic ball handling skills. a) catching. b) throwing (e.g., underhand, overhand). c) pitching (e.g., slow pitch, fast pitch).	V, O	D
1.15.2	demonstrate basic batting skills	O	D
1.15.3	demonstrate aggressive base running strategy.	O	I, D
1.15.4	understand positions/coverage.	V, W, O	I, D
1.15.5	recognize field layout.	V, W, O	D
1.15.6	display teamwork/strategy.	O	D
1.15.7	display knowledge of scoring and rules.	V, W, O	I, D
1.15.8	demonstrate basic umpire skills.	O	I, D
1.15.9	demonstrate appropriate equipment respect and care.	O	D
1.15.10	demonstrate appropriate safety techniques and guidelines.	O	D
1.15.11	expand lifetime activity.	V	D

1.16 Students will understand and apply knowledge of track events. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings		Assessment	Map
1.16.1	recognize track layout/distances.	V, O	I, D for all.
1.16.2	utilize vocabulary.	V, O	
1.16.3	demonstrate track/field events. a) relays, 100m, 400m, 800m, mile. b) long jump, high jump, softball throw.		
1.16.4	display knowledge of scoring and rules.	V, O, W	
1.16.5	demonstrate appropriate equipment respect and care.	V, O	
1.16.6	demonstrate appropriate safety techniques and guidelines.	V, O	
1.16.7	experience class track meet.	O	
1.16.8	expand lifetime activity.	V	

1.17 Students will understand and apply knowledge of wrestling. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.17.1 understand basic holds and moves (e.g., take down, stance, advantage and disadvantage positions).	V, O	I, D for all.
1.17.2 comprehend basic terminology.	V, W, O	
1.17.3 display knowledge of scoring and rules.	V, W, O	
1.17.4 display teamwork/strategy.	O	
1.17.5 demonstrate appropriate equipment respect and care.	V, O	
1.17.6 demonstrate appropriate safety techniques and guidelines.	V, O	
1.17.7 expand lifetime activity.	V	

1.18 Students will understand and apply knowledge of social dances. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.18.1 demonstrate traditional and social dances.	V, O	I, D for all.
1.18.2 understand music choice.	O	
1.18.3 demonstrate partner synchronization/creativity.	V, O	
1.18.4 expand lifetime activity	V	

1.19 Students will understand and apply knowledge of weight training. (2.12.1, 3.12.1-3, 4.12.1-4)

Students will:

Essential Learnings	Assessment	Map
1.19.1 understand and demonstrate basic lifting concepts (e.g., set, power, endurance, tone).	V, W, O	I, D for all.
1.19.2 develop individual goals.	V, W	
a) demonstrate record keeping.		
b) understand lifting results.		
c) demonstrate personal lifting program.		
1.19.3 understand basic terminology.	V, W	
1.19.4 demonstrate appropriate safety techniques and guidelines.	V, W	
a) responsible weight room actions.		
b) utilize partner/spotters.		
1.19.5 demonstrate appropriate equipment respect and care.	O	
1.19.6 expand lifetime activity.	V	

1.20 Students will understand and apply knowledge of challenge based team activities. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.20.1 utilize appropriate movement skills.	V, O	I, D for

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1.20.2 demonstrate personal fitness/skill levels.	O	all.
1.20.3 display teamwork/strategy.	O	
1.20.4 demonstrate appropriate equipment respect and care.	V, O	
1.20.5 demonstrate appropriate safety techniques and guidelines.	V, O	
1.20.6 expand lifetime activity.	V	

Standard 2: Students will achieve and maintain a challenging level of health-related physical fitness. (HECS—2-4)

2.1 Students will perform fitness tests. (2.12.1, 3.12.1-3, 4.12.1-4)

Students will:

Essential Learnings		Assessment	Map
2.1.1	develop knowledge of lifetime fitness benefits (e.g., adult lifestyles, student lifestyles).	V, W, O	I, D for all.
2.1.2	interpret presidential fitness test a) utilize test 2-3 times/year. b) understand national ranking.	V, W	
2.1.3	develop personal fitness plan. a) realize changing fitness levels. b) realize personal strengths and weaknesses. c) understand record keeping. d) incorporate warm-up elements.	V, W	
2.1.4	expand lifetime activity.	V	

2.2 Students will comprehend aerobic fitness/weight control. (2.12.1, 3.12.1-3, 4.12.1-4)

Students will:

Essential Learnings		Assessment	Map
2.2.1	understand aerobic elements of fitness (e.g., heart rate, aerobic concept, aerobic activity).	V, W, O	I, D for all.
2.2.2	demonstrate aerobic activity (e.g., speed-walking, jogging, aerobic tapes, aerobic equipment).	O	
2.2.3	understand use of fitness equipment.	V, O	
2.2.4	apply wellness concepts (e.g., wellness Wednesday).	O	
2.2.5	develop knowledge of body types.	V, W	
2.2.6	develop knowledge of lean muscle mass.	V, W	
2.2.7	develop knowledge of body fat metabolism.	V, W	
2.2.8	expand lifetime activity.	V	

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2.3 Students will understand and apply knowledge of jogging/running. (2.12.1, 3.12.1-3, 4.12.1-4)

Students will:

Essential Learnings		Assessment	Map
2.3.1	demonstrate knowledge of use of jogging/running for fitness goals. a) recognize aerobic levels. b) recognize cardiovascular run.	V, O	D
2.3.2	demonstrate proper breathing fitness.	V, W	I, D
2.3.3	recognize training/heart rates.	V, W	I, D
2.3.4	determine individual goals/rate.	V	I, D
2.3.5	recognize improvement.	V, O	I, D
2.3.6	recognize good equipment.	V, O	I, D
2.3.7	demonstrate appropriate safety techniques and guidelines.	V, O	I, D
2.3.8	expand lifetime activity.	V	I, D