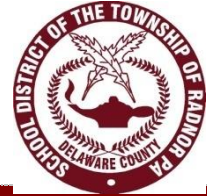




RADNOR TOWNSHIP SCHOOL DISTRICT
Course Overview



9th Grade Health

General Information

Credits: .5	Length: Full Year
Weighted: N/A	Format: Meets cycle days
Prerequisite: N/A	Grade: 9

Course Description

The ninth grade course focuses on transitioning our students to the high school with an integrated Health and Wellness course. The health component includes units on Study Skills, Stress and Stress Management, Time Management, Goal-setting, Character Development, Learning Strategies specific to each student and the discussion of how Multiple Intelligences impact individual student learning, and Mental Health. Mental Health topics include: Responsible-Decision Making, Peer Pressure, Resistance Skills, Emotions and Conflict Resolution.

Enduring Understandings and Essential Questions

Enduring Understandings

Many responsible health behaviors are easy to learn but difficult to follow.

Rules are designed to keep us safe.

All decisions have consequences.

There are many ways to get the help that you or others need.

- Personal responsibility and ownership of consequences are important qualities for personal and professional success.
- Study skills are essential tools for personal and academic success.
- Promoting mental health is an important aspect of one's wellness.

Essential Questions

- What are the characteristics of a health literate individual?
- How does what I say and do affect others and myself?
- Who is responsible for my personal thoughts, behaviors, and actions?
- How does my behavior influence others?
- What role does healthy and unhealthy risks have in my life?
- How do we use educational tool effectively for learning?
- What is my personal learning style?
- What skills are helpful in reducing personal stress levels?
- What is the relationship between our attitudes and learning?
- What skills do I need to be a better learner?
- What test taking strategies work best for my academic success?
- Is there such a thing as a universal set of values that ought to guide all human experience regardless of culture?
- How are parents involved in school character development?
- What does it mean to be mentally and emotionally healthy?
- What are the signs and treatment of mental health illness?
- What factors in my life affect my mental and emotional health?
- How can goal setting influence my emotional and mental health?

Common Assessments:

Journal
Worksheets
Identity Folder
Small Group Activities
Group work
Outlines
Reflection
Role-play
Skits

Major Units of Study:

Transition and Self-advocacy
Study Skills
Character Development
Goal-setting
Stress and Stress Management Skills
Decision Making Skills
Resiliency
Mental Health

Materials & Texts

Character Counts , Glencoe Health

Summer Assignment