

Ninth Grade Health Pacing Chart
Glencoe Health – 2004
(Blue Book with girl runner on front and men playing basketball in lower left corner)

Chapter Number	Sections Covered	Objectives	Blocks Needed	Related Standards	Supplementary Materials
Chapter 1 "Living a Healthy Life"	Lesson 1 – Your Health and Wellness Lesson 2 – Promoting a Healthy Lifestyle Lesson 3 – Your Behavior and Reducing Health Risks				
Chapter 2 "Building Health Skills and Character"	Lesson 1 – Building Health Skills Lesson 2 – Making Responsible Decisions and Setting Goals Lesson 3 – Building Character				
Chapter 3 "Being a Health-Literate Consumer"	Lesson 1 – Making Consumer Choices Lesson 2 – Choosing Community Health Services Lesson 3 – Managing Consumer Problems Lesson 4 – Understanding Public Health Services	9.1 b 9.1 b 9.1 b / 9.5 a - e 9.1 b / 9.4 b / 9.5 a - e			
Chapter 4 "Physical Activity for Life"	Lesson 1 – Physical Activity and Your Health Lesson 2 – Fitness and You Lesson 3 – Planning a Personal Activity Program Lesson 4 – Training and Safety for Physical Activities Lesson 5 – Physical Activity Injuries	9.1 d, e, f / 9.2 a, c 9.1 d, e, f / 9.2 a, c 9.1 d, e, f / 9.2 a, c			
Chapter 5 "Nutrition and Your Health"	Lesson 1 – Nutrition During the Teen Years Lesson 2 - Nutrients Lesson 3 – Guidelines for Healthful Eating Lesson 4 – Food and Healthy Living	9.1 a / 9.2 a, c 9.1 a / 9.2 a, c 9.1 a / 9.2 a, c 9.1 a / 9.1 a, c			
Chapter 6 "Managing Weight and Body Composition"	Lesson 1 – Maintaining a Healthy Weight Lesson 2 – Fad Diets and Eating Disorders Lesson 3- Nutrition for Individual Needs				
Chapter 7 "Achieving Good Mental Health"	Lesson 1 – Your Mental and Emotional Health Lesson 2 – Developing a Positive Identity Lesson 3 – Understanding Emotions Lesson 4 – Managing Emotions				
Chapter 8	Lesson 1 – Effects of Stress	9.1 g, h, i			