

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 | | | |