

USD 230 Curriculum Map

Subject: Health Grade: 9

Unit: Wellness Quarter Taught: 1 and 2

Tested State Indicators	District Objectives/Outcomes/ Key Concepts	Instructional Strategies	Student Activities or Product(s)	Resources Used	Methods of Assessment
<p>9.1.5 9.1.9 9.1.11 9.1.12 9.1.13 9.1.14 9.1.15 9.2.2 9.2.4 9.3.10 9.3.11 9.3.12 9.4.3 9.5.5 9.5.14 9.6.7 9.6.8 9.6.6 9.6.7 9.6.8 9.6.9 9.7.9</p>	<p>Students have an understanding of wellness, emphasizing fitness, nutrition, and stress.</p>	<p>Graphic Organizers Linking Cooperative groups Discussion Question/Answer</p>	<p>Activity log Wellness Survey Writing Assignments Handouts Target Heart Rate Fitness Test Personal Wellness Goal</p>	<p>Supplemental Material Notebook Video: Wellness Nutrition Stress Gym/Track</p>	<p>Observation Participation Assignments Quiz</p>