

Weeks	
<b>Massachusetts Performance Standards</b>	
<i>The students will:</i>	
2.13 Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness. 2.17 Demonstrate exercises in cardiovascular activities and flexibility training 2.21 Identify the components of physical fitness and the factors involved in planning and evaluating fitness programs for individuals at different stages of the life cycle 2.24 Identify life-management skills and protective factors that contribute to achieving personal wellness health goals, including researching, evaluating, and implementing strategies to manage personal wellness, monitor progress, and revise plans.	
UNIT	
Introduction to Wellness/Fitness	
<p style="text-align: center;"><b>Objectives (Students will be able to...)</b></p> <ul style="list-style-type: none"> <li>• Students will be able to define wellness, and will demonstrate an understanding of how it duly impacts one’s state of being.</li> <li>• Students will demonstrate an understanding of the relationship between wellness and health, and how one’s behavior can promote and enhance their physical, social, and intellectual health.</li> <li>• Students will be able to define the relationship between a society’s overall wellness and its affect on that society’s economic stability.</li> </ul>	<p style="text-align: center;"><b>Essential Question</b></p> <p style="text-align: center;">What does wellness consist of regarding my whole health, beyond my physical health and how can I maintain healthy levels of wellness within the various aspects of my wellness?</p> <hr/> <p style="text-align: center;"><b>Mission and Expectations</b></p> <p><b>Health &amp; Wellness</b></p> <ul style="list-style-type: none"> <li>• Understands the fundamental wellness and fitness concepts and the skills which foster healthy habits and behaviors</li> <li>• Make healthy –enhancing decisions by assessing risks and considering potential consequences.</li> </ul> <p><b>Autonomous Learning Skills</b></p> <ul style="list-style-type: none"> <li>• Takes responsibility for his/her learning</li> <li>• Is a lifelong learner</li> <li>• Can set priorities and identify</li> </ul> <p><b>Personal and Social Responsibility</b></p> <ul style="list-style-type: none"> <li>• Takes responsibility for his/her learning</li> <li>• Respects himself/herself and others</li> </ul>
<p style="text-align: center;"><b>Teacher Resources</b></p> <ol style="list-style-type: none"> <li>1. Handouts on Wellness (see module binders)</li> <li>2. Flip charts, markers, white board and markers</li> </ol>	<p style="text-align: center;"><b>Media and Technology Resources</b></p> <ol style="list-style-type: none"> <li>1. <u>Personal Fitness</u> textbooks</li> <li>2. DVD from <u>Personal Fitness</u> book</li> </ol>
<p style="text-align: center;"><b>Evaluation/Activities</b></p> <p><b>Lecture/Demonstration:</b> Each concept/topic will be introduced by the teacher using any resources that are available.  <b>Class work:</b> To be done on each topic/concept as needed for understanding.  <b>Homework:</b> To be given daily on each introduced topic as determined by the teacher.  <b>Review:</b> All weekly concepts will be reviewed and connections to concepts should be made by the students.  <b>Quiz:</b> Formal assessments will be given as warranted by the curriculum.</p>	<p><b>Lesson Completion Date:</b></p> <p><b>Technology Used/ Date Used:</b></p> <p><b>Completed By:</b></p> <p><b>Comments:</b></p>