

**Weeks**

***Massachusetts Performance Standards***

***The students will:***

- 2.20 – Demonstrate exercises in strength training, cardiovascular activities, and flexibility training
- 2.21 – Identify the components of physical and the factors involved in planning and evaluating fitness programs for individuals at different stages of the life cycle.
- 2.25 – Understand how activity participation patterns are likely to change throughout life and identify strategies to deal with those changes, including a plan for life-long wellness.
- 2.26 – Apply safe practices, rules, procedures, and sportsmanship etiquette in physical activity settings, including how to anticipate potentially dangerous consequences and outcomes of participation in physical activity
- 2.27 – Define functions of leadership in team sports (increasing motivation, efficiency, and satisfaction).

**UNIT**

**Intro to Fitness/ Wellness**

**Objectives (Students will...)**

For students to successfully gain an understanding and knowledge of wellness and how it is applied to everyday life.

- Demonstrates an understanding of Wellness.
- Demonstrates an understanding of the Wellness Wheel and the 6 components.
- Demonstrates an increase level of fitness and coordination.

**Essential Question**

What is Wellness?

**Mission and Expectations**

**Health & Wellness**

- Understands the fundamental wellness and fitness concepts and the skills which foster healthy habits and behaviors
- Make healthy –enhancing decisions by assessing risks and considering potential consequences.

**Autonomous Learning Skills**

- Takes responsibility for his/her learning
- Is a lifelong learner
- Can set priorities and identify

**Personal and Social Responsibility**

- Takes responsibility for his/her learning
- Respects himself/herself and others

**Teacher Resources**

1. Personal Fitness Textbook
2. Wellness Wheel

**Media and Technology Resources**

1. “Personal Fitness” DVD – Chapters 1 & 2

**Evaluation/Activities**

**Lecture/Demonstration:** Each concept/topic will be introduced by the teacher using any resources that are available.  
**Class work:** To be done on each topic/concept as needed for understanding.  
**Homework:** To be given daily on each introduced topic as determined by the teacher.  
**Review:** All weekly concepts will be reviewed and connections to concepts should be made by the students.  
**Quiz:** Formal assessments will be given as warranted by the curriculum.

**Lesson Completion Date:**

**Technology Used/ Date Used:**

**Completed By:**

**Comments:**

