

WELLNESS & FITNESS

LENGTH OF TIME: one year

GRADE LEVEL: 3

COURSE STANDARDS:

Students will:

1. Develop the skills necessary to participate in a variety of physical activities. (NPES 1, 2, 3, 4; PA Std 10.4.3 a, 10.5.3. a, b)
2. Appreciate, understand, and apply rules, strategies and appropriate behaviors for movement, dance, games, and sport. (NPES 2, 3, 4; PA Std 10.5.3 c, d, e, f)
3. Develop self confidence and interpersonal skills. (NPES 5, 6, 7; PA Std 10.4.3 f)
4. Identify indicators of mental, emotional, social and physical health during childhood. (NHS1; PA Std 10.1.3 e)
5. Explain how childhood injuries and illnesses can be prevented or treated. (NHS1; PA Std 10.1.3 e)
6. Demonstrate the ability to locate resources from home, school, and community that provide valid health information. (NHS2; PA Std 10.2.3 a, b)
7. Demonstrate strategies to improve or maintain personal health. (NHS3; PA Std 10.2.3 a)
8. Compare behaviors that are safe to those that are risky or harmful. (NHS3; PA Std 10.3.3 a, d)
9. Identify skills to manage stress. (NHS3; PA Std 10.3.3 c)
10. Describe how culture influences health behaviors. (NHS4; PA Std 10.2.2 d)
11. Demonstrate ways to communicate care, consideration, and respect of self and others. (NHS5; PA Std 10.3.3 a, c)
12. Demonstrate refusal skills to enhance health. (NHS5; PA Std 10.1.3 d, 10.2.3 d)
13. Demonstrate the ability to apply a decision-making process to health issues and problems. (NHS6; PA Std 10.2.3 d)
14. Express information and opinions about health issues. (NHS7; PA Std 10.2.3 b)

NATIONAL PHYSICAL EDUCATION STANDARDS

1. Demonstrates competency in many movement forms and proficiency in a few movement forms.
2. Applies movement concepts and principles to the learning and development of motor skills.
3. Exhibits a physically active lifestyle.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Demonstrates responsible personal and social behavior in physical activity settings.
6. Demonstrates understanding and respect for differences among people in physical activity settings.
7. Understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction.

NATIONAL HEALTH STANDARDS:

1. Comprehend concepts related to health promotion and disease prevention.
2. Demonstrate the ability to access valid health information and health promoting products and services.
3. Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
4. Analyze the influence of culture, media, technology, and other factors on health.
5. Demonstrate the ability to use interpersonal communication skills to enhance health.
6. Demonstrate the ability to use goal setting and decision making skills to enhance health.
7. Demonstrate the ability to advocate for personal, family, and community health.

RELATED PA ACADEMIC STANDARDS FOR HEALTH, SAFETY AND PHYSICAL EDUCATION

- 10.1 Concepts of Health
 - D. Alcohol, Tobacco and Chemical Substances
 - E. Health Problems and Disease Prevention
- 10.2 Healthful Living
 - A. Health Practices, Products and Services
 - B. Health Information and Consumer Choices
 - D. Decision-making Skills
- 10.3 Safety and Injury Prevention
 - A. Safe/Unsafe Practices
 - C. Strategies to Avoid/Manage Conflict
 - D. Safe Practices in Physical Activity
- 10.4 Physical Activity
 - A. Physical Activities That Promote Health and Fitness
 - F. Physical Activity and Group Interaction
- 10.5 Concepts, Principles and Strategies of Movement
 - A. Movement Skills and Concepts
 - B. Motor Skill Development
 - C. Practice Strategies
 - D. Principles of Exercise/Training
 - E. Scientific Principles that Affect Movement
 - F. Game Strategies

PERFORMANCE ASSESSMENTS:

Students will demonstrate achievement of the standards by:

1. Fitnessgram. (course std 1)
2. Successfully completing adventure based activities. (course std 3)
3. Teacher observation and checklist of movement, games, and sports. (course std 2)
4. Creating a bumper sticker advocating U.V. protection. (course std 5)
5. Filling in the food pyramid. (course std 7)

MATERIALS:

1. Appropriate equipment and materials for specifically designed activities.
2. Fitness Gram software.

METHODS OF ASSISTANCE AND ENRICHMENT:

1. Adaptive Wellness and Fitness
2. Teacher
3. Peer assistance
4. Inclusion theory in practice
5. Guest speakers
6. Technology
7. Assemblies
8. American Heart Association – Jump for Heart

PORTFOLIO DEVELOPMENT:

1. Fitness continuum (self evaluation)
2. Skills checklist
3. Fitness Gram reports
4. Nutrition comparison drawing
5. Story – write an ending to dangerous situation

METHODS OF EVALUATION:

1. Skills testing
2. Peer evaluation
3. Self evaluation
4. Teacher observation
5. Videotape - pre/post evaluation
6. Projects
7. Quizzes and tests
8. Portfolio

INTEGRATED ACTIVITIES:

1. Concepts
 - distinguish between safe and risky or harmful behaviors
 - understand the personal responsibility of the choices we make
 - identify and exhibit healthy habits
 - develop understanding of rules, cooperation, and strategies
 - demonstrate knowledge of basic concepts in noncompetitive activities
2. Communication
 - perform activities
 - listen, appreciate, recognize, describe and understand
 - verbal and physical responses

3. Thinking/Problem Solving

- observe
- describe
- evaluate
- make decisions
- listen
- cooperate

4. Application of Knowledge

- correct use of equipment
- demonstrate skill
- evaluate (self)
- class work
- discussions
- presentations

5. Interpersonal Skills

- demonstrate cooperation (small group as well as large group)
- respect others
- communicate effectively
- sportsmanship
- use all skills in a safe environment