

Timeframe:	Health & Fitness Academic Content	Fitness	Skills	Social/Emotional/Safety
<b>Essential Questions</b>	<b>Why is it important to maintain physical health?</b>	Delete column	Students will understand the importance of: Hydration, nutrition, sleep, time, stress, Target HR, Phases of a work out and the physical activity pyramid.	<b>What rules and sportsmanship protocols are needed ?</b>
<b>Content</b>	Through a variety of activities students will gain knowledge of health related activities.		Lessons related to the above topics	<b>Is teamwork required in each activity?</b>  <b>How does integrity, honesty, respect, compassion, empathy, and collaboration pertain to the activity your involved with?</b>
<b>Skills / Activities</b>	Students will demonstrate their knowledge through a variety of lessons.		Articles, handouts, research projects, demonstrations, and physical activities.	<b>Problem solving skills will be worked daily</b>
<b>Assessment</b>	Self-assessment Teacher assessment Written assessment		Tests, quizzes, worksheets	Teacher Observation  Student Self-Assessment.  Self assessment on sportsmanship in class
<b>Standards</b>	3.5 – 3.8		3.5, 3.7, 3.8	5.1 5.2 5.3 4.1 4.2 4.3 4.4
<b>Equipment / Resources</b>	Academic info listed above Target Heart Rate Charts Music			Sounds system for music or giving directions on a speaker. Music allows for a pleasant environment

Notes:				

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