

Course Title

# Personal Wellness

Subject

Physical education

Grade Level(s)

10-11

Teachers

Vogel

Type of Course

Required

Length/Credits

semester

Prerequisites

Passing grade in P.E. 9


## Course Description

Personal well-being and personal fitness will be the emphasis of this course. Concepts from both Health Education and Physical Education will be incorporated. This course will include the following activities: Biking, Aerobics, Self Defense, Stress Management/Yoga, Power Walking, Cross Country Skiing, Nutrition, Swimming strokes and survival skills will also be taught as well as weight training and other fitness activities. A fee may be charged for some activities.

**Related Common Core State Standards (CCSS)**  
other related Standards

<https://dpi.wi.gov/sites/default/files/imce/standards/New%20pdfs/PhysicalEducationStandards2020.pdf>

Essential Learning Targets	Measurable Evidence of Success
Acquire and demonstrate competency in higher level skills needed to perform a lifetime of enjoyment and recreation	Teacher Observations, Self-Evaluations, written quizzes and tests, rubrics
Demonstrate and apply an understanding of movement concepts necessary to be successful in fitness activities	Teacher Observations, written quizzes and tests
Make conscious decisions regarding their physical activity participation and assume a mature role in managing their participation based on a positive attitude toward regular physical activity and participation	Teacher Observations, Self-Evaluations, rubrics
Assesses their personal fitness status through interpreting information from fitness tests and fitness activities and uses this information to maintain personal fitness goals.	Self-Evaluations, Observations, Fitness Level Evaluation
Demonstrates appropriate safety practices, follows class rules, and rules of etiquette with and without equipment	Teacher Observations, written tests and quizzes, rubrics
Demonstrates an awareness of the intrinsic values and benefits of participation in fitness activities	Self-Evaluations, written quizzes/assignments, rubrics

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