

SUBJECT: Wellness II		GRADE:	
Unit Title: Personal Fitness			
UNIT OVERVIEW			
Students will assess their personal fitness level and develop a SMART goal and 30 day action plan to address one area of weakness.			
LRG SKILLS AND DISPOSITIONS		PA STANDARDS	
Honesty, Integrity & Responsibility		10.4.12.A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation	
COMPETENCIES		LEARNING TARGETS	
2- I can develop and show a clear progression through the goal setting process.		<ul style="list-style-type: none"><li>I can identify skill related fitness components and complete a skill related fitness test to improve my fitness. K1PEB11K1</li><li>I can create a SMART goal (for skill-related fitness) and apply a personal plan to improve it. K1PEB11K2</li></ul>	
9- I can demonstrate competency in a variety of motor skills and movement patterns.		<ul style="list-style-type: none"><li>I can demonstrate competency (HFZ) in two or more health-related fitness assessments.K1PEB1K1</li><li>I can demonstrate competency and/or refine activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, net-wall or target games. K1PEB1K2</li></ul>	

SUBJECT: Wellness 2		GRADE:	
Unit Title: Dimensions of Wellness			
UNIT OVERVIEW			
Students will identify and connect with the 7 dimensions of wellness and develop strategies to improve areas of weakness.			
LRG SKILLS AND DISPOSITIONS		PA STANDARDS	
Honesty, Integrity & Responsibility Continual Learning & Growth Mindset		10.2.12.D Examine and apply a decision-making process to the development of short and long-term health goals.	
COMPETENCIES		LEARNING TARGETS	
1- I can classify core wellness concepts accurately, describe relationships, and draw conclusions.		<ul style="list-style-type: none"><li>I can compare and contrast my strengths and weaknesses in the 7 dimensions of health and determine ways to improve areas of weakness. K1PEB10K1</li><li>I can discuss a current event and draw a conclusion on it's relationship to a dimension of health and my life. K1PEB10K1</li></ul>	

<b>SUBJECT: Wellness 2</b>		<b>GRADE:</b>	
<b>Unit Title: Skill-Based Games and Activities</b>			
<b>UNIT OVERVIEW</b>			

Students will demonstrate competency in movement skills and concepts and participate in a variety of skill-based games and activities.

LRG SKILLS AND DISPOSITIONS	PA STANDARDS
Critical Thinking & Problem Solving Creativity & Innovation Continual Learning & Growth Mindset	10.5.12.A Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.  10.5.12.C Evaluate the impact of practice strategies on skill development and improvement.
COMPETENCIES	LEARNING TARGETS
9- I can demonstrate competency in a variety of motor skills and movement patterns.	<ul style="list-style-type: none"><li>I can demonstrate competency and/or refine activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, net-wall or target games). K1PEB2K1</li></ul>
10- I can apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.	<ul style="list-style-type: none"><li>I can apply terminology associated with exercise and participation in individual activities (fitness principles, types of training, game play tactics). K1PEB11K1</li><li>I can create a practice plan to improve performance for a self-selected skill. K1PEB11K2</li></ul>

**SUBJECT:** Wellness 2

**GRADE:**

**Unit Title:** Skill-Related Fitness

<b>UNIT OVERVIEW</b>	
Students will identify skill-related fitness activities and exercises to improve each of the major muscles of the body.	
<b>LRG SKILLS AND DISPOSITIONS</b>	<b>PA STANDARDS</b>
Collaboration & Teamwork Communication & Empathy	10.5.12.D Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.
<b>COMPETENCIES</b>	<b>LEARNING TARGETS</b>
<b>10- I can apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.</b>	<ul style="list-style-type: none"> <li>• I can apply terminology associated with exercise and participation in individual activities (fitness principles, types of training, game play tactics). K1PEB11K1</li> <li>• I can create a practice plan to improve performance for a self-selected skill. K1PEB2K1</li> </ul>
<b>11- I can demonstrate knowledge and skills to achieve a health enhancing level of physical activity and fitness.</b>	<ul style="list-style-type: none"> <li>• I can identify types of strength exercises and stretching exercises for personal fitness development. K1PEB3K2</li> <li>• I can identify the structure of skeletal muscle and fiber types as they relate to muscle development. K1PEB3K3</li> <li>• I can design and implement a strength and conditioning program that develops balance in opposing muscle groups and supports a healthy, active lifestyle. K1PEB3K4</li> </ul>
<b>12- I can exhibit responsible personal and social behavior that respects self and others.</b>	<ul style="list-style-type: none"> <li>• I can apply best practices for participating safely in physical activity, exercise and dance ( injury prevention, proper alignment, hydration, use of equipment, implementation of rules) K1PEB4K1</li> <li>• I can solve problems and think critically in physical activity and/or</li> </ul>

	dance settings, both as an individual and in groups. K1PEB4K1
--	---

<b>SUBJECT: Wellness 2</b>	
----------------------------	--

<b>GRADE:</b>	
---------------	--

<b>Unit Title: Cardiorespiratory Endurance</b>	
--	--

<b>UNIT OVERVIEW</b>
----------------------

Students will identify and participate in activities to improve cardiorespiratory endurance.
--

<b>LRG SKILLS AND DISPOSITIONS</b>	<b>PA STANDARDS</b>
------------------------------------	---------------------

Collaboration & Teamwork Continual Learning & Growth Mindset	10.4.12.A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.  10.4.12.C Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. • aging • injury • disease
---	--

<b>COMPETENCIES</b>	<b>LEARNING TARGETS</b>
---------------------	-------------------------

11- I can demonstrate knowledge and skills to achieve a health enhancing level of physical activity and fitness.	<ul style="list-style-type: none"><li>• I can practice activities that improve my cardiorespiratory endurance (In and Above THRZ). K1PEB3K1</li><li>• I can adjust pacing to keep heart rate in the target zone, using available technology to self monitor aerobic intensity. K1PEB3K5</li></ul>
--	---



12- I can exhibit responsible personal and social behavior that respects self and others.	<ul style="list-style-type: none"><li>• I can apply best practices for participating safely in physical activity, exercise and dance ( injury prevention, proper alignment, hydration,</li></ul>
---	--

	use of equipment, implementation of rules) K1PEB4K1 <ul style="list-style-type: none"> <li>I can use communication skills and strategies that promote team or group dynamics. K1PEB4K1</li> </ul>
13- I can recognize the value of physical activity for health, enjoyment, challenge, self-expression, or social interaction..	<ul style="list-style-type: none"> <li>I can evaluate the opportunity for social interaction and social support in a self selected physical activity or dance. K1PEB5K1</li> </ul>

<b>SUBJECT: Wellness 2</b> <b>GRADE:</b>	
<b>Unit Title: Mental Health</b>	
UNIT OVERVIEW	
Students will explore mental health illnesses, address the mental health stigma, and develop strategies and resources for individuals to utilize to help with mental health disorders.	
LRG SKILLS AND DISPOSITIONS	PA STANDARDS
Collaboration & Teamwork Communication & Empathy Creativity & Innovation	10.2.12.D Examine and apply a decision-making process to the development of short and long-term health goals.  10.2.12.E Analyze the interrelationship between environmental factors and community health.
COMPETENCIES	LEARNING TARGETS
6- I can demonstrate the ability to access appropriate information to improve my wellness.	<ul style="list-style-type: none"> <li>I can develop a mental health resource list to utilize in avoiding or reducing mental health risks. (AP) K1PEB13J1</li> <li>I can apply mental health information to solve scenarios related to a</li> </ul>

	variety of mental disorders. (AP/CR) K1PEB13J1
--	--

<b>SUBJECT: Wellness 2</b>	
----------------------------	--

<b>GRADE:</b>	
---------------	--

<b>Unit Title: Decision Making Skills: Human Sexuality</b>	
--	--

<b>UNIT OVERVIEW</b>
----------------------

Students will identify and apply appropriate contraceptive methods and demonstrate decision making skills that enhance one's health.
--

<b>LRG SKILLS AND DISPOSITIONS</b>	<b>PA STANDARDS</b>
------------------------------------	---------------------

Collaboration & Teamwork Communication & Empathy Creativity & Innovation	10.2.12.D Examine and apply a decision-making process to the development of short and long-term health goals.
--	---

<b>COMPETENCIES</b>	<b>LEARNING TARGETS</b>
---------------------	-------------------------

3-I can demonstrate the ability to use decision making skills to enhance health.	<ul style="list-style-type: none"><li>• I can identify a variety of contraceptive methods to prevent pregnancy and STD transmission. K1PEB6K1</li><li>• I can access valid information on contraceptive methods to prevent pregnancy and STD transmission. K1PEB12K2</li><li>• I can apply valid information on contraceptive methods to make appropriate decisions based on lifetime scenarios. K1PEB6K2</li></ul>
--	---



<b>SUBJECT: Wellness 2</b>	
----------------------------	--

<b>GRADE:</b>	
---------------	--

<b>Unit Title: Substance Use &amp; Abuse</b>	
<b>UNIT OVERVIEW</b>	
Students will identify signs and symptoms of substance use and abuse and develop and demonstrate refusal skills.	
<b>LRG SKILLS AND DISPOSITIONS</b>	<b>PA STANDARDS</b>
Communication & Empathy Critical Thinking & Problem Solving	10.1.12.A Evaluate factors that impact growth and development during adulthood and late adulthood.  10.1.12.D Evaluate issues related to the use/non-use of drugs.
<b>COMPETENCIES</b>	<b>LEARNING TARGETS</b>
5- I can identify and analyze external and internal factors that influence my health.	<ul style="list-style-type: none"> <li>• I can identify signs and symptoms of substance use and abuse.</li> <li>• I can demonstrate appropriate and effective refusal skills to help myself or others.</li> </ul>

<b>SUBJECT: Wellness 2</b>		<b>GRADE:</b>	
<b>Unit Title: Self-Management (NCD &amp; CPR)</b>			
<b>UNIT OVERVIEW</b>			
Students will identify early detection for NCDs and evaluate appropriate detection techniques. Students will also demonstrate appropriate techniques to detect different types of NCDs.			
<b>LRG SKILLS AND DISPOSITIONS</b>		<b>PA STANDARDS</b>	



<p>Communication &amp; Empathy Critical Thinking &amp; Problem Solving</p>	<p>10.1.12,A Evaluate factors that impact growth and development during adulthood and late adulthood.</p> <p>10.1.12.B Evaluate factors that impact the body systems and apply protective/preventive strategies.</p>
COMPETENCIES	LEARNING TARGETS
<p>4- I can show evidence of the ability to apply health skills through self-management.</p>	<ul style="list-style-type: none"> <li>• I can identify the importance of early detection and demonstrate/use appropriate techniques to detect different types of non communicable diseases (heart attack, stroke, cancer, diabetes) K1PEB7K1</li> <li>• I can identify the importance of early detection and demonstrate/use appropriate techniques to detect different types of non communicable diseases (heart attack, stroke, cancer, diabetes) K1PEB7K1</li> </ul>