SUBJECT: Wellness I	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	10.4.9.A Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.

COMPETENCIES	LEARNING TARGETS
2- I can develop and show a clear progression through the goal setting process.	• I can identify my health-related strengths and weaknesses. K1PEB1J2 • I can create a SMART goal and apply a personal plan to improve my health-related fitness. K1PEB1J2
9- I can demonstrate competency in a variety of motor skills and movement patterns.	• I can demonstrate competency (HFZ) in one or more health-related fitness assessments. K1PEB1J1

SUBJECT: Wellness 1	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	10.2.9.D Analyze and apply a decision-making process to adolescent health and safety issues.
COMPETENCIES	**LEARNING TARGETS**
1- I can classify core wellness concepts accurately, describe relationships, and draw conclusions.	• I can identify and make connections to the 7 dimensions of health. K1PEB6J2 • I can compare and contrast my strengths and weaknesses in the 7 dimensions of health and determine ways to improve areas of weakness. K1PEB6J2

SUBJECT: Wellness 1	**GRADE:**
Unit Title: Stress	
UNIT OVERVIEW	
Students will identify personal stressors, explore stress management techniques, and develop a plan to reduce or relieve stress.	
LRG SKILLS AND DISPOSITIONS	**PA STANDARDS**
Critical Thinking & Problem Solving	10.1.9.A: Analyze factors that impact growth and development between adolescence and adulthood

Creativity & Innovation Continual Learning & Growth Mindset	10.1.9.B: Analyze the interdependence existing among the body systems
COMPETENCIES	**LEARNING TARGETS**
4- I can show evidence of the ability to apply health skills through self-management.	• I can examine information related to stress in order to identify my personal stress. (AP/AN) K1PEB8J1 • I can practice stress management techniques to enhance my wellness. (AP) K1PEB8J1 • I can develop a plan to manage my stress. (CR) K1PEB8J1

SUBJECT: Wellness 1	**GRADE:**
Unit Title: Muscular Fitness & Flexibility	
UNIT OVERVIEW	
Students will identify muscular fitness and flexibility activities and exercises to improve each of the major muscles of the body.	
LRG SKILLS AND DISPOSITIONS	**PA STANDARDS**
Collaboration & Teamwork Communication & Empathy	10.5.9.D Identify and describe the principles of training using appropriate vocabulary.
COMPETENCIES	**LEARNING TARGETS**

10- **I can apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.**	• I can apply terminology associated with exercise and participation in individual activities. (HRFC, FITT Principle, Muscle Groups) K1PEB5J1
11- **I can demonstrate knowledge and skills to achieve a health enhancing level of physical activity and fitness.**	• I can demonstrate appropriate technique on resistance training machines and with free weights. K1PEB5J2 • I can identify types of strength and stretching exercises for personal fitness development. K1PEB5J2
12- **I can exhibit responsible personal and social behavior that respects self and others.**	• 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) K1PEB5J1

SUBJECT: Wellness 1	**GRADE:**
Unit Title: Cardiorespiratory Endurance	
UNIT OVERVIEW	
Students will identify and participate in activities to improve cardiorespiratory endurance.	
LRG SKILLS AND DISPOSITIONS	**PA STANDARDS**
Collaboration & Teamwork Continual Learning & Growth Mindset	10.4.9.A Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals. 10.4.9.C Analyze factors that affect the responses of body systems during moderate to vigorous physical activities. • exercise (e.g., climate, altitude,

	location, temperature) • healthy fitness zone • individual fitness status (e.g., cardiorespiratory fitness, muscular endurance, muscular strength, flexibility)
COMPETENCIES	**LEARNING TARGETS**
11- **I can demonstrate knowledge and skills to achieve a health enhancing level of physical activity and fitness.**	• I can choose activities that are best to improve my cardiorespiratory endurance based on collected data. K1PEB3J3 • I can practice activities that improve my cardiorespiratory endurance (In and Above THRZ). K1PEB3J4
12- **I can exhibit responsible personal and social behavior that respects self and others.**	• 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) K1PEB4J1 • I can use communication skills and strategies that promote team or group dynamics. K1PEB4J2
13- **I can recognize the value of physical activity for health, enjoyment, challenge, self-expression, or social interaction..**	• I can identify the health benefits of self selected physical activity in regards to health-related fitness. K1PEB4J1

SUBJECT: Wellness 1	**GRADE:**
Unit Title: Mental Health	
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	10.2.9.D Analyze and apply a decision-making process to adolescent health and safety issues. 10.2.9.E Explain the interrelationship between the environment and personal health.
COMPETENCIES	**LEARNING TARGETS**
6- **I can demonstrate the ability to access appropriate information to improve my wellness.**	• I can develop a mental health resource list to utilize in avoiding or reducing mental health risks. (AP) K1PEB13J1 • I can apply mental health information to solve scenarios related to a variety of mental disorders. (AP/CR) K1PEB13J1

SUBJECT: Wellness 1	**GRADE:**
Unit Title: Cornerstone	
UNIT OVERVIEW	
Students will create and promote a health-enhancing message, focusing on one dimension of wellness, to promote wellness in the community.	
LRG SKILLS AND DISPOSITIONS	**PA STANDARDS**
Collaboration & Teamwork Communication & Empathy Creativity & Innovation	10.2.9.C Analyze media health and safety messages and describe their impact on personal health and safety. 10.2.9.E Explain the interrelationship between the environment and personal health.

COMPETENCIES	LEARNING TARGETS
8- **I can advocate for personal, family, and community health.**	• I can encourage others to make healthy choices (advocacy). K1PEB10J1 • I will evaluate data to support a health-enhancing message. K1PEB10J2 • I will develop a message to promote wellness in my community. K1PEB10J3

SUBJECT: Wellness 1	**GRADE:**
Unit Title: Substance Use & Abuse	
UNIT OVERVIEW	
Students will identify signs and symptoms of substance use and abuse and develop and demonstrate refusal skills.	
LRG SKILLS AND DISPOSITIONS	**PA STANDARDS**
Communication & Empathy Critical Thinking & Problem Solving	10.1.9.A Analyze factors that impact growth and development between adolescence and adulthood. 10.1.9.D Analyze prevention and intervention strategies in relation to adolescent and adult drug use.
COMPETENCIES	**LEARNING TARGETS**
5- I can identify and analyze external and internal factors that influence my health.	• I can identify signs and symptoms of substance use and abuse. K1PEB7J1 • I can demonstrate appropriate and effective refusal skills to help

	myself or others. K1PEB7J2

SUBJECT: Wellness 1 **GRADE:**	
Unit Title: Nutrition	
UNIT OVERVIEW	
Students will identify the major nutrients of the body, examine parts of a food label, and analyze and compare selected foods.	
LRG SKILLS AND DISPOSITIONS	**PA STANDARDS**
Communication & Empathy Critical Thinking & Problem Solving	10.1.9.C Analyze factors that impact nutritional choices of adolescents. 10.2.9.B Analyze the relationship between health-related information and adolescent consumer choices.
COMPETENCIES	**LEARNING TARGETS**
3-I can demonstrate the ability to use decision making skills to enhance health.	● I can examine parts of a food label and nutrients. K1PEB12J1 ● I can access valid information on nutritional information using nutritional resources. K1PEB12J2 ● I can compare and contrast nutritional information to draw conclusions based on learned material to make healthy decisions. K1PEB12J3