



Florida Virtual School HOPE

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3.01 Note-taking Guide

Objectives for this lesson:

When you complete this lesson, you should be able to:

- *analyze the long-term benefits of regular participation in physical activity*
- *identify ways social relationships can improve or harm health*
- *compare and contrast the benefits of various physical activities*
- *analyze the relationship between culture and sports and physical activity*

Summary (What did you learn?-- complete this after reading your lesson):

Page 1

Watch the Fit for Life video.

What are some benefits of regular physical fitness?

How can you invest in your mental health?

Question for your teacher?

Page 2

Describe some emotional benefits of regular physical activity.

Describe academic benefits of regular physical activity.	
<i>Question for your teacher?</i>	
Page 3	
How can a sedentary lifestyle negatively affect you?	
How can friends/relationships impact your health?	
<i>Question for your teacher?</i>	
Page 4	
Why is it important to do exercises that help with cardiorespiratory fitness, muscle strengthening, and bone strengthening?	
What are some activities that will help with muscle strengthening?	
What are some activities that will help with bone strengthening?	
<i>Question for your teacher?</i>	
Page 5	
Watch the cultural influence video.	

<p>How does culture affect how much a person exercises?</p> <p><i>Question for your teacher?</i></p>	
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3.02 Note-taking Guide

Objectives for this lesson:

When you complete this lesson, you should be able to:

- *identify risks and safety factors that can affect physical activity throughout life*
- *evaluate how your personal health is related to your environment*
- *determine whether individual or collaborative decision making is necessary to make a healthy decision*

Summary (What did you learn?-- *complete this after reading your lesson*):

Page 1	
<p>Watch The Best Version of You video.</p> <p>Why should you avoid drugs?</p> <p>What are some tips to use to avoid negative pressure situations?</p> <p><i>Question for your teacher?</i></p>	
Page 2	

<p>Describe some risky behaviors that can have a negative impact on your life.</p> <p>According to the CDC, what are the top 3 causes of death for American teenagers?</p> <p>How are risky behaviors related to these deaths?</p> <p><i>Question for your teacher?</i></p>	
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Page 3

<p>How can your environment negatively impact your health?</p> <p>What are some settings that can help keep you safe and healthy?</p> <p><i>Question for your teacher?</i></p>	
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3.03 Note-taking Guide

Objectives for this lesson:

When you complete this lesson, you should be able to:

- *evaluate the effect of advertisements on personal and family health*
- *differentiate between fact and fiction as it relates to consumer fitness products*
- *assess the reliability of health and fitness ads from a variety of sources*

Summary (What did you learn?-- *complete this after reading your lesson*):

<i>Question for your teacher?</i>	
Page 4	
<p>What is fraud?</p> <p>How can you tell if something is a rip-off?</p> <p><i>Question for your teacher?</i></p>	
Page 5	
<p>Complete the 'Are You Media Savvy?' activity.</p> <p>How can poor health decisions impact your household?</p> <p><i>Question for your teacher?</i></p>	

3.04 Note-taking Guide

Objectives for this lesson:

When you complete this lesson, you should be able to:

- *evaluate how stress and happiness affect various dimensions of health*
- *demonstrate strategies to prevent, manage, and resolve stress and interpersonal conflicts*
- *develop strategies for demonstrating sportsmanship and including people of diverse backgrounds and abilities*

Summary (What did you learn?-- *complete this after reading your lesson*):

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Page 1	
What is an example of the mind-body connection?	
What are stressors?	
<i>Question for your teacher?</i>	
Page 2	
What are 3 types of stressors?	
Watch the Thoughts and Actions video.	
How can you gain control of your mind?	
Why is it important to manage stress?	
<i>Question for your teacher?</i>	
Page 3	
How does your body respond to stress?	

What are some ways you can keep stress under control?

Question for your teacher?

Page 4

Describe sportsmanship.

Why should you be a good sport?

Question for your teacher?

Page 5

What are some ways you can include everyone in physical activities?

Why should you try to maintain a positive outlook?

Question for your teacher?