

## CURRICULUM MAP

Course Title: Health

UNIT/ORGANIZING PRINCIPLE:

Physical Activity 1.1

PACING: 1 week

UNIT NUMBER:

<b>ESSENTIAL QUESTIONS:</b>				
<b>CONCEPTS/ CONTENT (outcomes)</b>	<b>LEARNING TARGETS/SKILLS (Performance Tasks)</b>	<b>BENCHMARKS</b>	<b>KEY TERMINOLOGY</b>	<b>ACTIVITIES/ RESOURCES</b>
<p>Activity benefits</p>   <p>Activity recommendations</p>   <p>Lifetime benefits</p>	<p>I can identify and discuss the five components of fitness.</p> <p>I can identify my current level of fitness.</p> <p>I can discuss ways to relax.</p> <p>I can list and discuss things which cause stress.</p> <p>I can identify benefits of physical activity.</p>	<p>Pre-assessment: Personal Inventory</p> <p>Kidshealth: choose one, write one page summary.</p> <p>Training Plan for fitness.</p> <p>Post assessment: kidshealth fitnessquiz.</p>	<p>Aerobic</p> <p>Anaerobic</p> <p>Endurance</p> <p>Short term goal</p> <p>Flexibility</p> <p>Body composition</p> <p>Long term goal</p> <p>Stress</p> <p>Relaxation</p> <p>Self-esteem</p>	<p>Health Teacher</p> <p>Biodot skin thermometer</p> <p>CDC</p> <p>Kidshelath.org</p> <p>Purdue University Extension</p>