



Curriculum Overview

Personal Wellness

Course Description

Personal Wellness is required for all incoming freshmen. Physical education and activities pertaining to health and skill-related fitness will be the primary focus. The daily use of heart rate monitors will provide feedback necessary to determine cardiac output and intensity level. Our goal is to provide our students with an introduction to our elective course offerings.

Enduring Understandings

Students will understand...

- Physical activity improves muscular strength, flexibility, muscular endurance, body composition, and cardiovascular endurance.
- Participating in a wide variety of physical activities develops a person's motor skills, which allow for safe, successful, and fun participation in physical activities.
- Goal Setting is an important skill that provides a person the opportunity to set and strive for personal, achievable goals.
- Participation in various physical activities provides opportunities for people to socialize with others successfully and learn positive people skills. Especially during late childhood and adolescence, being able to participate in dances, games, and sports is an important part of peer culture.
- Developing teamwork skills and sportsmanship while participating in physical activity promotes leadership and cooperation with others.
- It is important to follow safety regulations and etiquette expectations within various physical environments.

Essential Questions

- What are the 5 fitness components and why are they each important?
- Why is monitoring heart rate important?
- What motor skills are necessary for participation in lifetime physical activity?
- How can we use data collection to set goals?
- Why is it useful and important to set physical activity goals?
- How can playing a sport help you develop social skills and communication?
- How are cooperation and teamwork promoted and useful in each unit?
- Why is it important to practice proper etiquette in each physical space?
- How can I practice safe activity in each physical space?

Units of Study

- Cooperative Games & FitnessGram Testing
- Floor Hockey & Badminton
- Swimming
- Eclipse Ball/ Kickball
- Strength & Agility
- Flag Football & Soccer
- Golf & Tennis
- Biking & Ultimate Frisbee

Primary Resources

- Shapeamerica.org
- Pecentral.org
- Peuniverse.org
- Movement Matters by Michael Beringer
- PhysEdgames.org
- GopherPEblog.org
- Polargofit.com
- Thepespecialist.com
- Youtube.com
- Tedtv.com
- Activities that Teach, Tom Jackson
- More Activities That Teach, Tom Jackson
- Project Adventure
- <https://www.rei.com/learn/expert-advice/>
- Cdc.gov