



SPRING GROVE AREA SCHOOL DISTRICT



PLANNED COURSE OVERVIEW

Course Title: Wellness and Fitness Grade Level(s): 4 Units of Credit: N/A Classification: Required	Length of Course: 30 cycles Periods Per Cycle: 2 Length of Period: 40 minutes Total Instructional Time: 40 hours
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Course Description

This planned wellness/fitness course provides developmentally appropriate instruction in the areas of traditional health education, as well as providing a focus on the development of healthful attitudes, behaviors, cognitive development, and behavior skill building. Five life skills form the core of the planned instruction; they are self-esteem building, decision making, effective communication, goal setting, and management. With this level, the students are able to explain the key concepts of each lesson. This fitness education planned course focuses on the development of appropriate movement skills, psychomotor, cognitive, and affective learning experiences through the use of various games and activities that promote physical fitness, sportsmanship, and participation. With this level, the students are using skills in small lead-up games.

Instructional Strategies, Learning Practices, Activities, and Experiences

Think Pair Share	Bell Ringers	Class Discussions
Closure	Thinking	Paper and Pencil Activities
Differentiation	Teacher Demonstrations	Posted Objectives
Agendas	Presentations	Wait-Time
Wait-Time Extended	Interaction Sequence	Modeling
Guided Practice	Closure	Goal Setting
Videos/DVDs	Posters	Role Playing
Visual Aids	Journals	On the Clock
Individual/Partner/Group Activities and Games	Temporary Pass Option	Fitness Technology

Assessments

Cooperative Group Activity Performance Tasks	Teacher Observations	Teacher-Made Quizzes
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Materials/Resources

Know Your Body Health Education Curriculum

Posters

Equipment

Trade Books

Videos/DVDs

Supplies

Music

Internet

School Counselors

American Heart Association Jump Rose for Heart

My Plate / My Pyramid

Educational Resources

Adopted: 1/27/88

Revised: 8/16/89; 9/3/91; 8/19/93; 3/15/95; 8/16/00; 8/21/06; 6/20/11; 5/16/16

Departmental Review: 10/17

Skill Builders	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Self Esteem	10.2.4.A - Explain the relationship between personal health practices and individual well-being.
Effective Communication	10.2.4.B - Explain the relationship between health-related information and consumer choices.
Decision Making	10.2.4.C - Explain the media's effect on health and safety issues.
Goal Setting	10.2.4.D - Describe and apply the steps of a decision-making process to health and safety issues.
Stress Management	10.2.4.E - Analyze environmental factors that impact health.
<u>Related Vocabulary</u>	10.3.4.A - Explain and apply safe practices in the home, school and community.
anger	10.3.4.C - Describe strategies to avoid or manage conflict and violence.
anger management skills	
assertive	
death	
family support system	
grieving	
loss	
peer pressure	

Physical Awareness	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Modified and Lead-up Sports Lifetime Sports Fitness Activities <u>Related Vocabulary</u> warm-up cool-down	10.4.4.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health. 10.4.4.B - Explain the effects of regular participation in moderate to vigorous physical activities on the body systems. 10.4.4.C - Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity. 10.4.4.D - Describe factors that affect childhood physical activity preferences. 10.4.4.E - Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement. 10.4.4.F - Identify and describe positive and negative interactions of group members in physical activities. 10.5.4.A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills. 10.5.4.B - Identify and apply the concepts of motor skill development to a variety of basic skills. 10.5.4.C - Describe the relationship between practice and skill development. 10.5.4.D - Describe and apply the principles of exercise to the components of health-related and skill-related fitness. 10.5.4.E - Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary. 10.5.4.F - Identify and apply game strategies to basic games and physical activities.

Participation	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Modified and Lead-up Sports Lifetime Sports Fitness Activities <u>Related Vocabulary</u> exercise participation activity	10.3.4.D - Analyze the role of individual responsibility for safety during physical activity. 10.4.4.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health. 10.4.4.B - Explain the effects of regular participation in moderate to vigorous physical activities on the body systems. 10.4.4.C - Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity. 10.4.4.D - Describe factors that affect childhood physical activity preferences. 10.4.4.E - Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement. 10.4.4.F - Identify and describe positive and negative interactions of group members in physical activities. 10.5.4.A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills. 10.5.4.B - Identify and apply the concepts of motor skill development to a variety of basic skills. 10.5.4.C - Describe the relationship between practice and skill development. 10.5.4.D - Describe and apply the principles of exercise to the components of health-related and skill-related fitness. 10.5.4.E - Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary. 10.5.4.F - Identify and apply game strategies to basic games and physical activities.

Teamwork and Sportsmanship	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Modified and Lead-up Sports</p> <p>Lifetime Sports</p> <p>Fitness Activities</p> <p><u>Related Vocabulary</u> sportsmanship</p>	<p>10.3.4.A - Explain and apply safe practices in the home, school and community.</p> <p>10.3.4.D - Analyze the role of individual responsibility for safety during physical activity.</p> <p>10.4.4.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.</p> <p>10.4.4.B - Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>10.4.4.C - Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.</p> <p>10.4.4.D - Describe factors that affect childhood physical activity preferences.</p> <p>10.4.4.E - Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.</p> <p>10.4.4.F - Identify and describe positive and negative interactions of group members in physical activities.</p> <p>10.5.4.A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.</p> <p>10.5.4.B - Identify and apply the concepts of motor skill development to a variety of basic skills.</p> <p>10.5.4.C - Describe the relationship between practice and skill development.</p> <p>10.5.4.D - Describe and apply the principles of exercise to the components of health-related and skill-related fitness.</p> <p>10.5.4.E - Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.</p> <p>10.5.4.F - Identify and apply game strategies to basic games and physical activities.</p>

Combined Skills	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Modified and Lead-up Sports</p> <p>Lifetime Sports</p> <p>Fitness Activities</p> <p><u>Related Vocabulary</u> opposite</p>	<p>10.3.4.D - Analyze the role of individual responsibility for safety during physical activity.</p> <p>10.4.4.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.</p> <p>10.4.4.B - Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>10.4.4.C - Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.</p> <p>10.4.4.D - Describe factors that affect childhood physical activity preferences.</p> <p>10.4.4.E - Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.</p> <p>10.4.4.F - Identify and describe positive and negative interactions of group members in physical activities.</p> <p>10.5.4.A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.</p> <p>10.5.4.B - Identify and apply the concepts of motor skill development to a variety of basic skills.</p> <p>10.5.4.C - Describe the relationship between practice and skill development.</p> <p>10.5.4.D - Describe and apply the principles of exercise to the components of health-related and skill-related fitness.</p> <p>10.5.4.E - Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.</p> <p>10.5.4.F - Identify and apply game strategies to basic games and physical activities.</p>

Components of Fitness	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Modified and Lead-up Sports	10.3.4.D - Analyze the role of individual responsibility for safety during physical activity.
Lifetime Sports	10.4.4.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.
Fitness Activities	10.4.4.B - Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.
Modified and Lead-up Sports	10.4.4.C - Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.
Lifetime Sports	10.4.4.D - Describe factors that affect childhood physical activity preferences.
Fitness Activities	10.4.4.E - Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.
Fitness Testing	10.4.4.F - Identify and describe positive and negative interactions of group members in physical activities.
<ul style="list-style-type: none"> • Pacer Test • Push Up Test • Sit and Reach 	10.5.4.A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.
<u>Related Vocabulary</u>	10.5.4.B - Identify and apply the concepts of motor skill development to a variety of basic skills.
endurance	10.5.4.C - Describe the relationship between practice and skill development.
flexibility	10.5.4.D - Describe and apply the principles of exercise to the components of health-related and skill-related fitness.
muscular strength	10.5.4.E - Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.
cardiovascular endurance	10.5.4.F - Identify and apply game strategies to basic games and physical activities.

Knowledge of Games	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Modified and Lead-up Sports Lifetime Sports Fitness Activities <u>Related Vocabulary</u> offense defense spatial awareness	10.3.4.D - Analyze the role of individual responsibility for safety during physical activity. 10.4.4.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health. 10.4.4.B - Explain the effects of regular participation in moderate to vigorous physical activities on the body systems. 10.4.4.C - Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity. 10.4.4.D - Describe factors that affect childhood physical activity preferences. 10.4.4.E - Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement. 10.4.4.F - Identify and describe positive and negative interactions of group members in physical activities. 10.5.4.A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills. 10.5.4.B - Identify and apply the concepts of motor skill development to a variety of basic skills. 10.5.4.C - Describe the relationship between practice and skill development. 10.5.4.D - Describe and apply the principles of exercise to the components of health-related and skill-related fitness. 10.5.4.E - Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary. 10.5.4.F - Identify and apply game strategies to basic games and physical activities.

Safety Smart	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Safety School Safety Home Safety Fire Safety Stranger/Trusted Adult Good Touch/Bad Touch <u>Related Vocabulary</u> accident bullying emergency family support system fire safety first aid injury	10.2.4.C - Explain the media's effect on health and safety issues. 10.2.4.D - Describe and apply the steps of a decision-making process to health and safety issues. 10.2.4.E - Analyze environmental factors that impact health. 10.3.4.A - Explain and apply safe practices in the home, school and community. 10.3.4.B - Know and apply appropriate emergency responses. 10.3.4.C - Describe strategies to avoid or manage conflict and violence. 10.3.4.D - Analyze the role of individual responsibility for safety during physical activity.

Body Fuel	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Body Fuel-- Food Nutrients Meal Planning My Pyramid / My Plate <u>Related Vocabulary</u> caloric content nutrients	10.1.4.B - Identify and describe the structure and function of the major body systems. 10.1.4.C - Analyze nutritional concepts that impact health. 10.1.4.E - Identify health problems that can occur throughout life and describe ways to prevent them. 10.2.4.A - Explain the relationship between personal health practices and individual well-being. 10.2.4.B - Explain the relationship between health-related information and consumer choices. 10.2.4.C - Explain the media's effect on health and safety issues. 10.2.4.D - Describe and apply the steps of a decision-making process to health and safety issues.

Fitness is Fun	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Fitness is Fun— Fitness Plans JUMP ROPE for HEART <u>Related Vocabulary</u> involuntary muscle movement voluntary muscle movement heart rate breathing rate aerobic anaerobic	10.2.4.A - Explain the relationship between personal health practices and individual well-being. 10.2.4.B - Explain the relationship between health-related information and consumer choices. 10.2.4.C - Explain the media's effect on health and safety issues. 10.4.4.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health. 10.4.4.B - Explain the effects of regular participation in moderate to vigorous physical activities on the body systems. 10.4.4.C - Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity. 10.4.4.D - Describe factors that affect childhood physical activity preferences. 10.4.4.E - Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.

Ounce of Prevention	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
An Ounce of Prevention Sun Safety Diseases <u>Related Vocabulary</u> disease communicable nervous system	10.2.4.A - Explain the relationship between personal health practices and individual well-being. 10.2.4.C - Explain the media's effect on health and safety issues. 10.2.4.D - Describe and apply the steps of a decision-making process to health and safety issues. 10.2.4.E - Analyze environmental factors that impact health. 10.3.4.A - Explain and apply safe practices in the home, school and community.

I Can Choose	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Influence on Decision Making Habits Reasons/Decisions/ Consequences of Drug Use <u>Related Vocabulary</u> addiction illegal drug drug mainstream smoke nicotine	10.1.4.B - Identify and describe the structure and function of the major body systems. 10.1.4.C - Analyze nutritional concepts that impact health. 10.1.4.D - Explain factors that influence childhood and adolescent drug use.

Healthy Relationships	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Communication</p> <p>Support Systems</p> <p>Bully Prevention</p> <p><u>Related Vocabulary</u> family support system bully target bystander</p>	<p>10.1.4.D - Explain factors that influence childhood and adolescent drug use.</p> <p>10.1.4.E - Identify health problems that can occur throughout life and describe ways to prevent them.</p> <p>10.2.4.A - Explain the relationship between personal health practices and individual well-being.</p> <p>10.2.4.D - Describe and apply the steps of a decision-making process to health and safety issues.</p>

A Changing You	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Gender</p> <p>Growth and Development</p> <p>Responsibilities</p> <p><u>Related Vocabulary</u> adolescence gender role</p>	<p>10.1.4.A - Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.</p>

The Environment and You	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Environment	10.2.4.E - Analyze environmental factors that impact health.
Waste Disposal	10.3.4.A - Explain and apply safe practices in the home, school and community.
<u>Related Vocabulary</u>	
reduce	
re-use	
recycle	