



SPRING GROVE AREA SCHOOL DISTRICT



PLANNED COURSE OVERVIEW

Course Title: Wellness and Fitness Grade Level(s): 5 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 course is designed to help students learn about the human body, how it works, and ways to keep the body healthy. Students study about body systems including the skeletal, respiratory, circulatory, and nervous systems. Other topics addressed are nutrition, fitness, tobacco and alcohol, diseases, and safe practices. Students learn concepts that assist in making wise decisions, how to resolve conflicts, and ways to protect themselves when alone. Active team sports, lifetime sports, and lead-up games provide students with fitness development. Developmentally appropriate activities are used to teach students how to move and play effectively for an active lifestyle.

Instructional Strategies, Learning Practices, Activities, and Experiences

Hands on / Active Activities	Cooperative Learning	Digital Learning
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Assessments

Written Tests Rubrics	Projects Fitness Technology	Classwork
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Materials/Resources

Glencoe Health Course 1	Supplemental Materials
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Adopted: 1/2788

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

Human Body	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Skeletal	10.1.5.B - Identify and describe the structure and function of the major body systems.
Muscular	10.1.5.E - Identify health problems that can occur throughout life and describe ways to prevent them.
Respiratory	10.2.5.A - Explain the relationship between personal health practices and individual well-being.
Circulatory	10.4.5.B - Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.
<u>Related Vocabulary</u> hinge joint ball and socket joint capillary vein artery cilia trachea bronchial tube alveoli diaphragm clavicle pelvis humerus radius ulna carpals phalanges femur tibia fibula tarsals vertebral column sternum skull	

Individual Responsibility for Safety During Physical Activity	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Team Sports Lifetime Sports Lead-up Games Fitness Activities	10.3.5.B - Know and apply appropriate emergency responses. 10.3.5.D - Analyze the role of individual responsibility for safety during physical activity.
<u>Related Vocabulary</u> self-control pacing goal setting	

Assessing the Body's Response to Physical Activity	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Team Sports</p> <p>Lifetime Sports</p> <p>Lead-up Games</p> <p>Fitness Activities</p> <p><u>Related Vocabulary</u> repetition intensity aerobic heart rate strength endurance stamina flexibility</p>	<p>10.4.5.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.</p> <p>10.4.5.B - Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>10.4.5.C - Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.</p>

Motor Skills and Sportsmanship	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Team Sports</p> <ul style="list-style-type: none"> • Football • Basketball • Floor Hockey • Volleyball • Soccer • Lacrosse <p>Individual sports</p> <ul style="list-style-type: none"> • Badminton • Tennis <p>Lead-up Games</p> <ul style="list-style-type: none"> • Battle ball • Knockout • Mat Ball <p><u>Related Vocabulary</u></p> <p>goal setting teamwork fair play cooperation</p>	<p>10.4.5.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.</p> <p>10.4.5.B - Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>10.4.5.C - Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.</p> <p>10.4.5.D - Describe factors that affect childhood physical activity preferences.</p> <p>10.4.5.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>10.4.5.F - Identify and describe positive and negative interactions of group members in physical activities.</p> <p>10.5.5.A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.</p> <p>10.5.5.B - Identify and apply the concepts of motor skill development to a variety of basic skills.</p> <p>10.5.5.C - Describe the relationship between practice and skill development.</p> <p>10.5.5.D - Describe and apply the principles of exercise to the components of health-related and skill-related fitness.</p> <p>10.5.5.E - Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.</p> <p>10.5.5.F - Identify and apply game strategies to basic games and physical activities.</p>

Game Concepts	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Team Sports</p> <ul style="list-style-type: none"> • Football • Basketball • Floor Hockey • Volleyball • Soccer • Lacrosse <p>Individual sports</p> <ul style="list-style-type: none"> • Badminton • Tennis <p>Lead-up Games</p> <ul style="list-style-type: none"> • Battle ball • Knockout • Mat Ball <p><u>Related Vocabulary</u> follow through give forearm pass set serve forward Pass touchdown fumble</p>	<p>10.3.5.D - Analyze the role of individual responsibility for safety during physical activity.</p> <p>10.4.5.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.</p> <p>10.4.5.B - Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>10.4.5.C - Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.</p> <p>10.4.5.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>10.4.5.F - Identify and describe positive and negative interactions of group members in physical activities.</p> <p>10.5.5.A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.</p> <p>10.5.5.B - Identify and apply the concepts of motor skill development to a variety of basic skills.</p> <p>10.5.5.C - Describe the relationship between practice and skill development.</p> <p>10.5.5.D - Describe and apply the principles of exercise to the components of health-related and skill-related fitness.</p> <p>10.5.5.E - Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.</p> <p>10.5.5.F - Identify and apply game strategies to basic games and physical activities.</p>

Skill Development	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Team Sports</p> <ul style="list-style-type: none"> • Football • Basketball • Floor Hockey • Volleyball • Soccer • Lacrosse <p>Individual sports</p> <ul style="list-style-type: none"> • Badminton • Tennis <p>Lead-up Games</p> <ul style="list-style-type: none"> • Battle ball • Knockout • Mat Ball <p>Fitness Testing</p> <ul style="list-style-type: none"> • Mile Run • Pacer Test • Push Up Test • Sit and Reach <p><u>Related Vocabulary</u></p> <p>flexibility cardiovascular strength endurance</p>	<p>10.3.5.D - Analyze the role of individual responsibility for safety during physical activity.</p> <p>10.4.5.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.</p> <p>10.4.5.B - Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>10.4.5.C - Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.</p> <p>10.4.5.D - Describe factors that affect childhood physical activity preferences.</p> <p>10.4.5.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>10.4.5.F - Identify and describe positive and negative interactions of group members in physical activities.</p> <p>10.5.5.A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.</p> <p>10.5.5.B - Identify and apply the concepts of motor skill development to a variety of basic skills.</p> <p>10.5.5.C - Describe the relationship between practice and skill development.</p> <p>10.5.5.D - Describe and apply the principles of exercise to the components of health-related and skill-related fitness.</p> <p>10.5.5.E - Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.</p> <p>10.5.5.F - Identify and apply game strategies to basic games and physical activities.</p>

Game Strategies	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Team Sports</p> <ul style="list-style-type: none"> • Football • Basketball • Floor Hockey • Volleyball • Soccer • Lacrosse <p>Individual sports</p> <ul style="list-style-type: none"> • Badminton • Tennis <p>Lead-up Games</p> <ul style="list-style-type: none"> • Battle ball • Knockout • Mat Ball <p><u>Related Vocabulary</u> offense defense give and go fake position</p>	<p>10.3.5.D - Analyze the role of individual responsibility for safety during physical activity.</p> <p>10.4.5.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.</p> <p>10.4.5.B - Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>10.4.5.C - Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.</p> <p>10.4.5.D - Describe factors that affect childhood physical activity preferences.</p> <p>10.4.5.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>10.4.5.F - Identify and describe positive and negative interactions of group members in physical activities.</p> <p>10.5.5.A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.</p> <p>10.5.5.B - Identify and apply the concepts of motor skill development to a variety of basic skills.</p> <p>10.5.5.C - Describe the relationship between practice and skill development.</p> <p>10.5.5.D - Describe and apply the principles of exercise to the components of health-related and skill-related fitness.</p> <p>10.5.5.E - Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.</p> <p>10.5.5.F - Identify and apply game strategies to basic games and physical activities.</p>

Safety	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Fire Safety	10.2.5.D - Describe and apply the steps of a decision-making process to health and safety issues.
Personal Safety	10.3.5.A - Explain and apply safe practices in the home, school and community.
Internet/Phone Safety	10.3.5.B - Know and apply appropriate emergency responses.
Violence Prevention	10.3.5.C - Describe strategies to avoid or manage conflict and violence.
Heimlich Maneuver	10.3.5.D - Analyze the role of individual responsibility for safety during physical activity.
<u>Related Vocabulary</u> assertive sexual abuse confidential accident chain hazards smoke alarm fire extinguisher pedestrians first aid rescue breathing CPR abdominal thrusts	

Drugs and Alcohol	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Tobacco Smokeless</p> <p>Tobacco Alcohol</p> <p><u>Related Vocabulary</u></p> <p>tar</p> <p>nicotine</p> <p>carbon Monoxide</p> <p>cancer</p> <p>emphysema</p> <p>bronchitis</p> <p>addiction</p> <p>snuff</p> <p>secondhand smoke</p> <p>refusal skills</p> <p>depressant</p> <p>stimulant</p> <p>cirrhosis</p> <p>blood alcohol content (BAC)</p> <p>tolerance</p> <p>alcoholism</p> <p>Alcoholics Anonymous (AA)</p> <p>Al-Ateen</p> <p>Al-Anon</p> <p>fetal alcohol syndrome</p>	<p>10.1.5.B - Identify and describe the structure and function of the major body systems.</p> <p>10.1.5.D - Explain factors that influence childhood and adolescent drug use.</p> <p>10.1.5.E - Identify health problems that can occur throughout life and describe ways to prevent them.</p> <p>10.2.5.A - Explain the relationship between personal health practices and individual well-being.</p> <p>10.2.5.C - Explain the media's effect on health and safety issues.</p>

Nutrition	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Caloric	10.1.5.C - Analyze nutritional concepts that impact health.
Content of Foods	10.1.5.E - Identify health problems that can occur throughout life and describe ways to prevent them.
Relationship of Food Intake and Physical Activity	10.2.5.B - Explain the relationship between health-related information and consumer choices.
Nutritional Requirements	10.4.5.B - Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.
Label Reading	
Healthful	
Food Selection	
<u>Related Vocabulary</u>	
diabetes	
trans fat	
nutrients	
nutrition	
carbohydrates	
fiber	
proteins	
fats	
vitamins	
minerals	
calorie	
diet	
saturated fats	
cholesterol	
sodium	

Diseases	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Cancer</p> <p>Cardiovascular Disease</p> <p>Preventive Practices</p> <p><u>Related Vocabulary</u></p> <p>stress</p> <p>risk factors</p> <p>heart attack</p> <p>stroke</p> <p>non-communicable disease</p> <p>chronic</p> <p>cancer</p> <p>tumor</p> <p>allergy</p> <p>asthma</p>	<p>10.1.5.C - Analyze nutritional concepts that impact health.</p> <p>10.1.5.E - Identify health problems that can occur throughout life and describe ways to prevent them.</p> <p>10.2.5.A - Explain the relationship between personal health practices and individual well-being.</p> <p>10.2.5.E - Analyze environmental factors that impact health.</p> <p>10.3.5.A - Explain and apply safe practices in the home, school and community.</p> <p>10.3.5.D - Analyze the role of individual responsibility for safety during physical activity.</p> <p>10.4.5.B - Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p>

Conflict Management	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Anger Management Peer Mediation Reflective Listening Negotiation <u>Related Vocabulary</u> consequences compromise Conflict resolution negotiation peer mediation communication body language "I" message	10.2.5.D - Describe and apply the steps of a decision-making process to health and safety issues. 10.3.5.C - Describe strategies to avoid or manage conflict and violence.