



SPRING GROVE AREA SCHOOL DISTRICT



PLANNED COURSE OVERVIEW

Course Title: Wellness/Fitness Grade Level(s): 6 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 address the ever changing individual needs of students in the areas of nutrition, exercise and fitness, alcohol and drug use, tobacco prevention, growth and development, reproductive system, social and emotional health, consumer health, environmental health, safety, conflict resolution and violence prevention. Team sports, lifetime sports, and lead-up games allow students to extend their knowledge and level of fitness. Developmentally appropriate strategies are used to address these topics to promote good health habit practices in everyday life.

Instructional Strategies, Learning Practices, Activities, and Experiences

Hands On / Active Learning	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: 1/27/88
Revised: 8/16/89; 9/3/91; 8/19/95; 8/16/00; 8/21/06; 6/20/11; 5/16/16
Departmental Review: 10/2017

Safety Practices	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Decision-making steps	10.2.6.D - Describe and apply the steps of a decision-making process to health and safety issues.
Fire safety	10.3.6.A - Explain and apply safe practices in the home, school and community.
Water safety	10.3.6.B - Know and apply appropriate emergency responses.
Violence prevention	10.3.6.A - Explain and apply safe practices in the home, school and community. 10.3.6.B - Know and apply appropriate emergency responses.
<u>Related Vocabulary</u>	10.3.6.D - Analyze the role of individual responsibility for safety during physical activity.
decisions	
consequences	10.3.6.A - Explain and apply safe practices in the home, school and community.
values	
risk	10.3.6.C - Describe strategies to avoid or manage conflict and violence.
fire extinguisher	
fuel	10.3.6.C - Describe strategies to avoid or manage conflict and violence.
accident	
hazards	
drowning	
violence	
safety	
peer mediation	
conflict	
communication	
consequence	
solution	

Emergency Response	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Basic First Aid Universal Procedures <u>Related Vocabulary</u> emergency panic first aid direct pressure	10.3.6.A - Explain and apply safe practices in the home, school and community. 10.3.6.B - Know and apply appropriate emergency responses.

Responsibility for Safety During Physical Activity	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Team sports</p> <ul style="list-style-type: none"> • Football • Basketball • Floor Hockey • Soccer • Volleyball • 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 • Whiffle Ball • Half-court Games <p><u>Related Vocabulary</u> self-control pacing goal setting personal space</p>	<p>10.3.6.D - Analyze the role of individual responsibility for safety during physical activity.</p>

Effects of Participation in Physical Activities	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Team sports</p> <ul style="list-style-type: none"> • Football • Basketball • Floor Hockey • Soccer • Volleyball • 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 • Whiffle Ball • Half-court Games <p><u>Related Vocabulary</u> repetition intensity aerobic heart rate flexibility endurance strength</p>	<p>10.4.6.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.</p> <p>10.4.6.B - Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>10.4.6.C - Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.</p> <p>10.4.6.E - Identify factors that have an impact on the relationship between regular participation in physical activity and the degree of motor skill improvement.</p>

Team Work and Sportsmanship	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Team sports</p> <ul style="list-style-type: none"> • Football • Basketball • Floor Hockey • Soccer • Volleyball • 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 • Whiffle Ball • Half-court Games <p>Decision-making steps</p> <p><u>Related Vocabulary</u> sportsmanship goal setting team work fair play cooperation team work fair play cooperation decisions consequences values risk</p>	<p>10.4.6.D - Describe factors that affect childhood physical activity preferences.</p> <p>10.4.6.F - Identify and describe positive and negative interactions of group members in physical activities.</p> <p>10.5.6.F - Identify and apply game strategies to basic games and physical activities.</p> <p>10.2.6.D - Describe and apply the steps of a decision-making process to health and safety issues.</p>

Principles of Exercise	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Team sports</p> <ul style="list-style-type: none"> • Football • Basketball • Floor Hockey • Soccer • Volleyball • 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 • Whiffle Ball • Half-court Games <p>Fitness Testing</p> <p><u>Related Vocabulary</u> flexibility cardiovascular endurance strength endurance</p>	<p>10.5.6.A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.</p> <p>10.5.6.B - Identify and apply the concepts of motor skill development to a variety of basic skills.</p> <p>10.5.6.C - Describe the relationship between practice and skill development.</p> <p>10.5.6.D - Describe and apply the principles of exercise to the components of health-related and skill-related fitness.</p> <p>10.5.6.E - Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.</p>

Game Strategies	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Team sports</p> <ul style="list-style-type: none"> • Football • Basketball • Floor Hockey • Soccer • Volleyball • 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 • Whiffle Ball • Half-court Games <p><u>Related Vocabulary</u> offense defense give and go fake position force</p>	<p>10.5.6.F - Identify and apply game strategies to basic games and physical activities.</p>

Movement Skills and Concepts	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Team sports</p> <ul style="list-style-type: none"> • Football • Basketball • Floor Hockey • Soccer • Volleyball • 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 • Whiffle Ball • Half-court Games <p><u>Related Vocabulary</u> follow-through give forearm pass set serve forward pass touchdown fumble</p>	<p>10.4.6.A - Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health.</p> <p>10.4.6.B - Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>10.4.6.C - Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.</p> <p>10.4.6.D - Describe factors that affect childhood physical activity preferences.</p> <p>10.4.6.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>10.5.6.A - Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills.</p> <p>10.5.6.B - Identify and apply the concepts of motor skill development to a variety of basic skills.</p> <p>10.5.6.C - Describe the relationship between practice and skill development.</p> <p>10.5.6.D - Describe and apply the principles of exercise to the components of health-related and skill-related fitness.</p>

Adolescent Body Changes	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Secondary Sex Characteristics</p> <p><u>Related Vocabulary</u> adolescence penis vagina puberty genitals breasts sperm egg reproduction genetics heredity gene dominant recessive testes ovaries testosterone estrogen</p>	<p>10.1.6.A - Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.</p> <p>10.1.6.B - Identify and describe the structure and function of the major body systems.</p> <p>10.1.6.E - Identify health problems that can occur throughout life and describe ways to prevent them.</p> <p>10.2.6.A - Explain the relationship between personal health practices and individual well-being.</p> <p>10.2.6.B - Explain the relationship between health-related information and consumer choices.</p>

Tobacco, Alcohol and Drugs	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Tobacco</p> <p>Alcohol</p> <p>Inhalants</p> <p>Peer Influence</p> <p>Media Influence</p> <p>Decision-making</p> <p><u>Related Vocabulary</u> ethyl alcohol depressant hangover blackout alcoholism addiction Alcoholics Anonymous A-lateen Al-Anon inhalants stimulant</p>	<p>10.1.6.D - Explain factors that influence childhood and adolescent drug use.</p> <p>10.1.6.E - Identify health problems that can occur throughout life and describe ways to prevent them.</p> <p>10.2.6.A - Explain the relationship between personal health practices and individual well-being.</p> <p>10.2.6.C - Explain the media's effect on health and safety issues.</p> <p>10.2.6.D - Describe and apply the steps of a decision-making process to health and safety issues.</p>

Diseases	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Cancer Diabetes Type 2 AIDS <u>Related Vocabulary</u> cancer diabetes type 1 diabetes type 2 AIDS immune system virus antibodies vaccine HIV Glucose Insulin pancreas	10.1.6.C - Analyze nutritional concepts that impact health. 10.1.6.E - Identify health problems that can occur throughout life and describe ways to prevent them. 10.2.6.A - Explain the relationship between personal health practices and individual well-being. 10.2.6.B - Explain the relationship between health-related information and consumer choices. 10.2.6.C - Explain the media's effect on health and safety issues. 10.2.6.E - Analyze environmental factors that impact health.

Structures and Functions of the Human Body	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Nervous system Integumentary Urinary Endocrine Reproductive Immune <u>Related Vocabulary</u> skin epidermis dermis sebaceous gland sweat gland melanin	10.1.6.A - Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes. 10.1.6.B - Identify and describe the structure and function of the major body systems. 10.1.6.C - Analyze nutritional concepts that impact health. 10.1.6.E - Identify health problems that can occur throughout life and describe ways to prevent them. 10.2.6.A - Explain the relationship between personal health practices and individual well-being. 10.2.6.C - Explain the media's effect on health and safety issues. 10.2.6.D - Describe and apply the steps of a decision-making process to health and safety issues.

Personal Hygiene	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Personal Hygiene</p> <ul style="list-style-type: none"> • Skin • Hair • Nails <p>Dental health</p> <p>Product advertising</p> <p><u>Related Vocabulary</u></p> <p>acne dandruff dermatologist perspiration antiperspirant eccrine gland apocrine gland hygiene sunscreen plaque orthodontist consumer labels fraud coupons generic guarantee brand name</p>	<p>10.1.6.E - Identify health problems that can occur throughout life and describe ways to prevent them.</p> <p>10.2.6.A - Explain the relationship between personal health practices and individual well-being.</p> <p>10.2.6.B - Explain the relationship between health-related information and consumer choices.</p> <p>10.1.6.C - Analyze nutritional concepts that impact health.</p> <p>10.2.6.A - Explain the relationship between personal health practices and individual well-being.</p> <p>10.2.6.B - Explain the relationship between health-related information and consumer choices.</p> <p>10.2.6.B - Explain the relationship between health-related information and consumer choices.</p> <p>10.2.6.C - Explain the media's effect on health and safety issues.</p>

Nutrition	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Caloric content of foods	10.1.6.C - Analyze nutritional concepts that impact health.
Relationship of food intake and physical activity	10.2.6.B - Explain the relationship between health-related information and consumer choices.
Nutrient requirements	
Label reading	
Healthful food selection	
<u>Related Vocabulary</u>	
calorie	
portion	
nutrient dense	
trans fat	
saturated fat	
dietary fiber	
cholesterol	
protein	
sodium	