Unit 1: Looking Good and Feeling Good

Content Area: **Physical Education and Health**
Course(s): **Health Education Grade 11**
Time Period: **School Year**
Length: **10 blocks**
Status: **Published**

Transfer

Personal Fitness: Looking good Feeling Good

Enduring Understandings

Personal fitness is all about understanding your body.

Analyze how influences such as heredity, environment, culture, media, and technology impact health.

Describe the consequences of taking risks.

Describe refusal strategies and conflict resolution skills.

Essential Questions

What is the importance of good health?

What influences you on your health?

In what ways can you reduce your health risk when engaging in physical activity?

Content

Health, Wellness, Prevention, Heredity, Media, Risk Behaviors, Abstinence, Refusal Skills, Conflict Resolution, Stress Management, Physical Activity, Physical Fitness

Skills

Discuss why being physically fit is important to your everyday health.

Identify the health triangle.

Identify the proper steps in the goal setting process.

Discuss the factors in becoming a skilled athlete.

Resources

Personal Fitness-Looking Good- Feeling Good, Google Docs, Sheets, Slides, Guest Speakers, YouTube Clips, DVD's

Assessments

Teacher Observation
Formative: Other Evidence: Other: Teacher Observation
Unit 1 Test Health and Skill Related Components of Physical Fitness
Summative: Transfer Tasks: Test: Written
Quizzes relating to the importance of being physical fit
Formative: Other Evidence: Other: Quiz
Class Discussion about the importance of an active lifestyle
Formative: Other Evidence: Oral: Discussion
Peer Teaching
Formative: Other Evidence: Other: Peer Assessment

Standards

HE.9-12.2.1.12	All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
HE.9-12.2.1.12.C	Diseases and Health Conditions

HE.9-12.2.1.12.C.1	Predict diseases and health conditions that may occur during one's lifespan and speculate on potential prevention and treatment strategies.
HPE.2.1.12	All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
HPE.2.1.12.A	Personal Growth and Development
HPE.2.1.12.A.1	Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.
HPE.2.1.12.B	Nutrition
HPE.2.1.12.B.1	Determine the relationship of nutrition and physical activity to weight loss, weight gain, and weight maintenance.
HPE.2.1.12.E	Social and Emotional Health
HPE.2.1.12.E.1	Predict the short- and long-term consequences of unresolved conflicts.