

CURRICULUM MAP

PERSONAL WELLNESS CURRICULUM MAP

Subject: Physical Education

Grade Level: 11 and 12

rev 07/17

FIRST QUARTER – Exercise Basics	SECOND QUARTER- Increasing Physical Fitness/Self Esteem	THIRD QUARTER – Stress Management through Movement	FOURTH QUARTER - Creating Wellness
<p>Rules, Safety Regulations, Expectations, Procedures and Lockers (2, 3)</p> <p>Physical Fitness Assessment *Cardiorespiratory Function *Flexibility *Muscular Strength/Endurance *Body composition (1,2,3)</p> <p>Cardiorespiratory Endurance *Intro to IHT Spirit monitors *Aerobic Exercise: walk, run, jump rope, dance *Anaerobic Exercise: Intervals, HIIT *Journal –Identify Physical, Mental/Emotional feelings before and after exercise (1,2,3)</p> <p>Muscular Strength and Endurance *Toning- low weight, high reps *Strengthening – high weight, low reps *Journal – Intensity – muscular fatigue</p> <p>Flexibility</p>	<p>Dance *Free Style *Line Dancing *Dance Fitness * Individual/Group Choreography (1,2,3)</p> <p>Principles of Self-Defense Physical, verbal and psychological self-defense techniques for dealing with a variety of situations including those which end up on the ground. *verbal de-escalation *boundary setting *Physical strategies(standing confrontations) (1,2,3)</p> <p>Aquatic Exercise *Safety *Basic Swim stroke technique *Endurance swim *Aqua aerobics *Aqua equipment (1,2,3)</p>	<p>Coping Strategies *Deep Breathing *Rhythmic Breathing *Perception (1,2)</p> <p>Mindfulness *Meditation *Guided meditation *Gratitude Journal (1,2,3)</p> <p>Mind/Body Development *Savasna Yoga *Ashtanga Yoga *Yogini *Pilates (1,2,3)</p> <p>Tension Relief through Play *Relay Races *Tag games *Sport Stacking (1,2)</p> <p>Cardio Stress Relief *High Impact *Low Impact (1,2)</p>	<p>Personal Wellness Program Development Students will develop and put into practice a personal wellness plan *Journal Development *Goals/Objectives *Personal Needs * Types of Activities *Tracking Progress (1,2,3)</p> <p>Common Core Written Assessment</p> <p>Post Assessment Physical Fitness Test (1 2 3)</p>

*Dynamic Stretching
*Static Stretching

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