

Choosing Health High School - Fitness & Health

Lessons	Health Benchmarks	Language Arts Benchmarks
<u>Unit 1: The Meaning of Fitness</u>		
<u>Lesson 1: What is Fitness?</u>	Evaluate the impact of various health practices on self and family. 1:1:c	
	Use pertinent and descriptive terminology when discussing health issues. 4:2:c	
<u>Lesson 2: The Elements of Fitness</u>	Use pertinent and descriptive terminology when discussing health issues. 4:2:c	
<u>Lesson 3: Making Choices</u>	Assess personal health goals and adjust behaviors/practices appropriately. 3:2:c	
<u>Lesson 4: Why Do You Exercise?</u>		
<u>Unit 2: Feeling Good About Myself</u>		
<u>Lesson 1: What's Your Picture</u>		
<u>Lesson 2: What Can Be Changed?</u>	Analyze how personal choices can impact (<i>sic</i>) long-range health. 3:3:a	
<u>Lesson 3: Thinking About Your Body Image</u>	Evaluate personal health and well-being on a routine basis. 3:2:a	
<u>Lesson 4: Changing Your Body Image</u>	Model practices which enhance personal, emotional, social, and physical well-being. 1:2:b	
<u>Lesson 5: Enhancing Others' Body Image</u>	Analyze how communication skills are used to build and maintain healthy relationships. 4:1:a	
	Model effective communication techniques when interacting with family, peers, and community. 4:1:b	
	Assess effectiveness of interpersonal communication skills and adjust appropriately. 4:1:c	
<u>Unit 3: On You Mark, Get Set, Go!</u>		
<u>Lesson 1: Assessing Aerobic Capacity</u>	Model practices which enhance personal, emotional, social, and physical well-being. 1:2:b	

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<u>Lesson 2: Assessing Body Composition</u>	Model practices which enhance personal, emotional, social, and physical well-being. 1:2:b	
<u>Lesson 3: Assessing Flexibility</u>	Model practices which enhance personal, emotional, social, and physical well-being. 1:2:b	
<u>Lesson 4: Assessing Muscular Strength and Endurance</u>	Model practices which enhance personal, emotional, social, and physical well-being. 1:2:b	
<u>Lesson 5: Assessing Fitness</u>	Model practices which enhance personal, emotional, social, and physical well-being. 1:2:b	
<u>Unit 4: In A Heartbeat</u>		
<u>Lesson 1: Improving Aerobic Capacity</u>	Analyze the impact of personal health behaviors on the functioning of body systems. 1:2:a Model practices which enhance personal, emotional, social, and physical well-being. 1:2:b	
<u>Lesson 2: An Aerobic Workout</u>	Analyze the impact of personal health behaviors on the functioning of body systems. 1:2:a Model practices which enhance personal, emotional, social, and physical well-being. 1:2:b	
<u>Lesson 3: Personal Plan</u>	Evaluate personal practices which promote lifelong health and well-being. 3:1:c	
<u>Unit 5: Looking Good - Feeling Good</u>		
<u>Lesson 1: Improving Flexibility</u>	Model practices which enhance personal, emotional, social, and physical well-being. 1:2:b Assess personal health goals and adjust behaviors/practices appropriately. 3:2:c	
<u>Lesson 2: Improving Strength and Endurance</u>	Model practices which enhance personal, emotional, social, and physical well-being. 1:2:b	

Lessons	Health Benchmarks	Language Arts Benchmarks
<u>Lesson 2 (Cont.)</u>	Assess personal health goals and adjust behaviors/practices appropriately. 3:2:c	
<u>Lesson 3: How to Get Fit</u>	Evaluate the impact of various health practices on self and family. 1:1:c	<p>Use various cues/strategies to connect with text, predict message of text, and validate understanding of text. 1:1:a</p> <p>Analyze when a specific cue or strategy can be used most effectively to read for comprehension or to interpret specific materials. 1:1:b</p> <p>Use prior knowledge and experience to interpret, evaluate, and construct meaning from various texts. 1:1:c</p>
<u>Lesson 4: Fitness Facilities</u>	Evaluate the availability of health products and services around the world. 2:2:c	<p>Analyze and use appropriate organization based on the established writing purpose and intended audience. 2:2:a</p> <p>Evaluate and use appropriate writing style based on the established purpose and intended audience. 2:2:b</p> <p>Analyze and use the writing format required for a specific type of publication. 2:2:c</p> <p>Analyze the characteristics of the target audience to determine appropriate style and language. 4:2:a</p> <p>Analyze the intent/purpose of oral presentations to determine appropriate style and language. 4:2:b</p> <p>Apply the appropriate conventions/mechanics of language in personal communication. 4:2:c</p>
<u>Unit 6: Be Prepared</u> <u>Lesson 1: The Truth About Fitness</u>	<p>Analyze the impact of personal health behaviors on the functioning of body systems. 1:2:a</p> <p>Model practices which enhance personal, emotional, social, and physical well-being. 1:2:b</p>	

Lessons	Health Benchmarks	Language Arts Benchmarks
<u>Lesson 1 (Cont.)</u>	Analyze the short- and long-term consequences of risky and harmful behaviors. 3:1:a Analyze how personal choices can impact (<i>sic</i>) long-range health. 3:3:a	
<u>Lesson 2: Preparing for Fitness</u>	Evaluate personal health and well-being on a routine basis. 3:2:a	
<u>Lesson 3: Successful Fitness Programs</u>	Model practices which enhance personal, emotional, social, and physical well-being. 1:2:b	
<u>Unit 7: Putting It All Together</u>		
<u>Lesson 1: What Are Your Goals?</u>	Evaluate personal health and well-being on a routine basis. 3:2:a	
<u>Lesson 2: What Are Your Plans?</u>	Evaluate personal health and well-being on a routine basis. 3:2:a	
<u>Lesson 3: How Did You Do?</u>	Evaluate personal health and well-being on a routine basis. 3:2:a	

