

Lifetime Health and Personal Fitness Pacing Guide

Lifetime Health	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1: Ch. 1-3	Syllabus & Course Introduction	Leading a Healthy Life	Skills for a Healthy Life	Self-esteem and Mental Health	<i>Assessment</i>
Week 2: Ch. 4-7	Managing Stress and Coping with Loss	Preventing Violence and Abuse	Physical Fitness for Life	Nutrition for Life	<i>Assessment</i>
Week 3: Ch. 8-11	Weight Management and Eating Behaviors Introduce <i>Start Food Logs-Week Long Diary</i>	Understanding Drugs and Medicines	Alcohol	Tobacco	<i>Assessment</i>
Week 4: Ch. 12-15	<i>Review Food Logs</i>	Illegal Drugs	Preventing Infectious Diseases	Lifestyle Diseases	Other Diseases and Disabilities
Week 5: Ch. 16	<i>Start Group Projects on Diseases</i>	<i>Continue Group Projects on Diseases</i>	<i>Present Group Projects on Diseases</i>	<i>Finish Presenting Group Projects on Diseases</i>	Adolescence and Adulthood
Week 6: Ch. 17 & Express Lessons	Marriage, Parenthood, and Families	How Your Body Works	What You Need to Know About	First Aid and Safety	<i>Assessment</i>
Week 7: FLASH Curriculum	<i>Pre-Assessment & Climate Setting Lesson</i>	Reproductive System	Pregnancy	Sexual Orientation and Gender Identity	Undoing Gender Stereotypes
Week 8: FLASH Curriculum	Healthy Relationships	Coercion and Consent	Online Safety: Sexual Violence Prevention	Abstinence	Preventing Pregnancy, Birth Control Methods
Week 9: FLASH Curriculum	Preventing HIV and Other STDs	Testing for HIV & Other STDs	Communication and Decision-Making	Review & <i>Post-Assessment</i>	<i>Mid-Term Exam</i>
Personal Fitness	Lesson Focus		Examples of Activities		
Week 10: Ch. 1 & 2	Looking Good-Feeling Good & Components of Fitness: Health and Skill Related Fitness Components		<i>Fitness Plans Pre-Assessment</i> Cardiovascular, Strength, Flexibility, Body Composition, Agility (zig-zag run), Balance (one foot stand), Coordination (alternate hand toss), Power (standing long jump), Reaction Time (10 yard dash)		
Week 11: Ch. 3 & 4	Goal Setting & Guidelines for Exercises <i>Benchmark #1</i>		Power walk, personal best efforts and records (jumping jacks, jump rope, sit-ups, cycling), circuit training, warm up, stretching, calisthenics, interval walking/jogging, cool down		
Week 12: Ch. 5 & 6	Principles of Training & Flexibility		Frequency, intensity, time, interval training program, circuit training program-flexibility exercises, HIT		
Week 13: Ch. 7 & 8	Cardiovascular Fitness & Muscular Fitness		Computing target heart rate, step aerobic, analyzing walking/jogging form, rock port walk test-aerobic, cardio fitness-activities, muscular strength and endurance exercises without weights (crouch, lift and twist, pull up, push up, side leg lift, leg curl, step up, heel raise, jumper) introduce exercises w/ weights		
Week 14: Ch. 9 & 10	Nutrition & Body Composition <i>Benchmark #2</i>		Diet analysis, food guide pyramid, MyPlate, circuit training, body fat measurements, participate in vigorous aerobic activities and calculate calories		
Week 15: Ch. 11 & 12	Stress & Consumer Issues		Aerobic Games and progressive muscle relaxation exercises, media and advertising		

Health Pacing Guide

Lauren Gardner



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