

Sample Wellness 10 Fall Semester Plan ~ Teacher A

Week of Semester	Monday	Tuesday
<i>Last week of August</i>	Unit 1: Orientation to Wellness 10 *	Orientation cont'd (activity?)
<i>September week 1</i>	Unit 2: Introduction to unit and to Physical Activity and Fitness as a strand of Wellness 10	Introduction to Physical Activity and Fitness strand (cont'd)
<i>September week 2</i>	Physical Activity and Fitness affects Healthy Eating (activity?)	Physical Activity and Fitness affects Relationships (recreational games) <i>Page 125*</i>
<i>September week 3</i>	Introduction to Stress Management as a strand of Wellness 10 <i>Page 167*</i>	Stress Management and Physical Activity and Fitness (yoga, Tai Chi)
<i>September week 4</i>	Physical Activity and Fitness affects Stress Management (aerobics, step-aerobics) *	Stress Management affects Leisure (video) *
<i>October week 1</i>	Stress Management and Healthy Eating (activity?)	Stress Management and Relationships (activity?)
<i>October week 2</i>	<i>Holiday</i>	Introduction to Leisure as a strand of wellness <i>Page 195</i>
<i>October week 3</i>	Leisure affects Relationships (hacky sack, slo-pitch) *	Leisure affects Healthy Eating (activity?)
<i>October week 4</i>	Make decisions about Leisure and wellness. Some students may add Leisure to the action plan. *	Evaluate implementation of Physical Activity and Fitness, and Stress Management action plan. Some may assess the design phase of the Leisure strand. Review KWL Strategy.
<i>October week 5</i>	Healthy Eating affects Physical Activity and Fitness (walking, running, skipping, cycling, rowing, stretching) <i>Page 210*</i>	Healthy Eating affects Physical Activity and Fitness (activity?)
<i>November week 1</i>	Healthy Eating affects Leisure (activity?)	Healthy Eating and Relationships (activity?)
<i>November week 2</i>	Unit 5: Make decisions about Volunteering *	Unit 2: Introduction to Relationships as a strand of wellness <i>Page 224</i>
<i>November week 3</i>	Relationships affect Stress Management (activity?)	Relationships affect Stress Management (activity?)
<i>November week 4</i>	Relationships affect Healthy Eating (dance) *	Evaluate implementation of action plan; may add Relationships
<i>December week 1</i>	Unit 3: HIV/AIDS Education <i>Page 248*</i>	Unit 3: HIV/AIDS Education
<i>December week 2</i>	Unit 5: Develop a Volunteering action plan *	Unit 5: Assess design of action plan, redesign, and begin implementation
<i>December week 3</i>	Unit 4: Injury Prevention (activity?)	Unit 4: Injury Prevention (activity?)
<i>December week 4</i>	<i>Holiday</i>	<i>Holiday</i>
<i>January week 1</i>	Unit 4: Injury Prevention (activity?)	Unit 4: Injury Prevention (activity?)
<i>January week 2</i>	Unit 4: Injury Prevention (activity?)	Unit 4: Injury Prevention closure
<i>January week 3</i>	Unit 5: Volunteering (activity?)	Unit 5: Volunteering (activity?)
<i>January week 4</i>	Closure of Unit 5: Volunteering	Closure of course: Complete Wellness Inventory and compare results to inventory completed at beginning of course. Review KWL Strategy and complete last column.

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Wednesday	Thursday	Friday
Orientation cont'd (activity?)	Orientation cont'd (activity?)	Orientation cont'd (activity?)
Physical Activity and Fitness, and Leisure (activity?)	Physical Activity and Fitness, and Leisure (activity?)	Physical Activity and Fitness affects Healthy Eating (activity?)
Physical Activity and Fitness affects Relationships (recreational games) *	Develop Physical Activity and Fitness action plan	Assess design of Physical Activity and Fitness action plan, redesign, begin implementation
Stress Management and Physical Activity and Fitness (yoga, Tai Chi) *	Stress Management (relaxation techniques) *	Physical Activity and Fitness affects Stress Management (aerobics, step-aerobics) *
Physical Activity and Fitness affects Stress Management (boxercise, box-fit)	Stress Management affects Leisure *	Stress Management and Healthy Eating (video) *
Leisure affects Stress Management (activity?)	Evaluate implementation of Physical Activity and Fitness action plan; add Stress Management to the action plan *	Assess design of Stress Management action plan, redesign, begin implementation of action plan for both strands *
Leisure affects Physical Activity and Fitness (cycling, cross country skiing) *	Leisure affects Physical Activity and Fitness (cycling, cross-country skiing) *	Leisure affects Relationships (hacky sack, slo-pitch) *
Leisure affects Healthy Eating (activity?)	Leisure affects Stress Management (activity?)	Leisure affects Stress Management
Unit 5: Introduction to Volunteering <i>Page 294*</i>	Unit 5: Introduction to Volunteering (cont'd) *	Unit 2: Introduction to Healthy Eating as a strand of wellness (activity?)
Healthy Eating affects Stress Management (activity?)	Healthy Eating affects Stress Management (activity?)	Healthy Eating affects Leisure (activity?)
Healthy Eating and Relationships (activity?)	Make decisions about Healthy Eating for wellness. Some students may add Healthy Eating to their action plan. *	Evaluate implementation of action plan. Some may assess design phase of Healthy Eating strand. *
Relationships affect Physical Activity and Fitness (ultimate frisbee) *	Relationships affect Physical Activity and Fitness (flag football) *	<i>Holiday</i>
Relationships affect Leisure (dance) *	Relationships affect Leisure (variety of dances) *	Relationships affect Healthy Eating (dance) *
Conclude Relationships strand (activity?)	Closure to Unit 2: Student reflection on and assessment of implementation of action plan.	Closure to Unit 2: Submit implementation of two or more strand action plan for summative evaluation.
Unit 3: HIV/AIDS Education *	Unit 3: HIV/AIDS Education *	Unit 3: HIV/AIDS Education *
Unit 4: Identification, Prevention, and Management of Activity-related Injuries (activity?)	Unit 4: Injury Prevention (activity?)	Unit 4: Injury Prevention(activity?)
Unit 4: Injury Prevention (activity?)	Unit 4: Injury Prevention (activity?)	Unit 4: Injury Prevention (activity?)
<i>Holiday</i>	<i>Holiday</i>	<i>Holiday</i>
Unit 4: Injury Prevention (activity?)	Unit 4: Injury Prevention (activity?)	Unit 4: Injury Prevention (activity?)
Unit 5: Volunteering check-in *	Unit 5: Volunteering (activity?)	Unit 5: Volunteering (activity?)
Unit 5: Volunteering (activity?)	Unit 5: Volunteering (activity?)	Unit 5: Evaluate implementation of Volunteering action plan.

* Indicates sample lessons that have been developed and included in the curriculum guide.