

Sample Wellness 10 Winter Semester Plan ~ Teacher B

Note: All classes are held in the gymnasium or in the field except for the ones marked (Classroom).

	Monday	Tuesday
Week 1	Unit 1: Orientation to Wellness 10 (Classroom)	Unit 1: Orientation to Wellness 10 (Classroom)
Week 2	Unit 2: Physical Activity and Fitness affects Stress Management (Physical Fitness)	Unit 2: Physical Activity and Fitness affects Leisure (Games)
Week 3	Unit 3: HIV/AIDS Education (Classroom)	Unit 3: HIV/AIDS Education (Classroom)
Week 4	<i>No Class</i>	<i>No Class</i>
Week 5	Unit 2: Introduce Stress Management strand (Classroom)	Unit 2: Stress Management (Individual and Dual Activities)
Week 6	Unit 2: Stress Management (Games)	Unit 2: Stress Management (Games)
Week 7	Unit 2: Stress Management (Physical Fitness)	Unit 2: Stress Management (Gymnastics)
Week 8	Unit 2: Evaluate implementation of Physical Activity and Fitness action plan; redesign to incorporate Stress Management (Classroom)	Unit 2: Assess design of two-strand action plan. Begin implementation of action plan for both strands. (Classroom)
Week 9	Unit 2: Healthy Eating (Gymnastics)	Unit 2: Healthy Eating (Individual and Dual Activities)
Week 10	Unit 2: Healthy Eating (Activity?)	Unit 2: Healthy Eating (Activity?)
Week 11	Unit 5: Make decisions about Volunteering (Classroom)	Unit 2: Physical Activity and Fitness (Activity?)
Week 12	Unit 2: Leisure (Activity?)	Unit 2: Leisure (Activity?)
Week 13	<i>No Class</i>	<i>No Class</i>
Week 14	Unit 2: Leisure (Activity?)	Unit 2: Leisure (Activity?)
Week 15	Unit 5: Develop Volunteering action plan (Classroom)	Unit 5: Assess design of action plan, redesign if necessary, and begin implementation (Classroom)
Week 16	Unit 2: Leisure (Activity?)	Unit 2: Leisure (Activity?)
Week 17	Unit 2: Relationships (Activity?)	Unit 2: Relationships (Activity?)
Week 18	Unit 2: Relationships (Activity?)	Unit 2: Relationships (Activity?)
Week 19	Unit 2: Relationships (Activity?)	Unit 2: Relationships (Activity?)
Week 20	Unit 5: Volunteering (Activity?)	Unit 5: Volunteering (Activity?)
Week 21	Unit 5: Volunteering (Activity?)	Unit 5: Volunteering (Activity?)

Class duration: 1 hour (5 days per week)

No Classes: Week 22 (due to final exams)

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Note: This schedule can be downloaded from the Saskatchewan Learning web site and adapted for your situation. See Evergreen Curriculum pages of web site.

Wednesday	Thursday	Friday
Unit 1: Orientation – Introduce Physical Activity and Fitness strand (Classroom)	Unit 1: Develop Physical Activity and Fitness action plan (Activity?)	Unit 1: Develop Physical Activity and Fitness action plan (Activity?)
Unit 4: Introduce Identification, Prevention, and Management of Activity-related Injuries (Classroom)	Unit 2: Physical Activity and Fitness affects Healthy Eating (Individual and Dual Activities)	Unit 2: Physical Activity and Fitness affects Healthy Eating (Alternative Environment Activities)
Unit 3: HIV/AIDS Education (Classroom)	Unit 3: HIV/AIDS Education (Classroom)	Unit 3: HIV/AIDS Education (Classroom)
<i>No Class</i>	<i>No Class</i>	<i>No Class</i>
Unit 4: Injury Prevention (Activity?)	Unit 2: Stress Management (Rhythmics and Dance)	Unit 2: Stress Management (Rhythmics and Dance)
Unit 4: Injury Prevention (Activity?)	Unit 2: Stress Management (Alternative Environment Activities)	Unit 2: Stress Management (Alternative Environment Activities)
Unit 4: Injury Prevention (Activity?)	Unit 5: Introduce Volunteering (Classroom)	Unit 5: Introduce Volunteering (Classroom)
Unit 4: Injury Prevention (Activity?)	Unit 2: Introduce Healthy Eating strand (Individual and Dual Activities) (Classroom)	Unit 2: Healthy Eating (Rhythmics and Dance)
Unit 4: Injury Prevention (Activity?)	Unit 2: Healthy Eating (Games)	Unit 2: Healthy Eating (Physical Fitness)
Unit 4: Injury Prevention (Activity?)	Unit 2: Healthy Eating (Activity?)	Unit 2: Physical Activity and Fitness (Activity?)
Unit 4: Injury Prevention (Activity?)	Unit 2: Physical Activity and Fitness (Activity?)	Unit 2: Review KWL Strategy. Introduce Leisure strand (Activity?) (Classroom)
Unit 4: Injury Prevention (Activity?)	Unit 2: Leisure (Activity?)	<i>No Class</i>
<i>No Class</i>	<i>No Class</i>	<i>No Class</i>
Unit 4: Injury Prevention (Activity?)	Unit 2: Leisure (Activity?)	Unit 2: Leisure (Activity?)
Unit 4: Injury Prevention (Activity?)	Unit 2: Leisure (Activity?)	Unit 2: Leisure (Activity?)
Unit 4: Injury Prevention (Activity?)	Unit 2: Physical Activity and Fitness (Activity?)	Unit 2: Introduce Relationships strand (Classroom)
Unit 4: Injury Prevention (Activity?)	Unit 2: Relationships (Activity?)	Unit 2: Relationships (Activity?)
Unit 4: Injury Prevention (Activity?)	Unit 2: Relationships (Activity?)	Unit 2: Relationships (Activity?)
Unit 4: Injury Prevention (Activity?)	Unit 2: Relationships (Activity?)	Unit 2: Physical Activity and Fitness (Alternative Environment Activities) *
Unit 5: Volunteering (Activity?)	Unit 5: Volunteering (Activity?)	Unit 5: Volunteering (Activity?)
Unit 5: Evaluate implementation of Volunteering action plan. (Classroom)	Unit 5: Reflect on Volunteering experiences. (Classroom)	Course closure. Complete Wellness Inventory and compare results to inventory completed at beginning of course. Review KWL strategy and complete last column. (Classroom)

**End of Week 19 (including weekend): Students are away from school for a three-day multi-disciplinary learning experience in an outdoor environment.*