

Unit Plans

Fitness: August 20- September 14

Monday, August 20	T/W August 21/22	R/F August 23/24
<ul style="list-style-type: none"> • Class Rules and Regulations • Health and Physical Activity Questionnaire Handout 	<ul style="list-style-type: none"> • Review Health and Physical Activity Questionnaire • Current Health Your Heart Reading/Answer Questions 1-18 • ½ Mile Run 	<ul style="list-style-type: none"> • Lifestyle Appraisal • Body Image Handout • Timed ½ Mile Run Recorded in Fitness Packet
Monday August 27	T/W August 28/29	R/F August 30/31
<ul style="list-style-type: none"> • Current Health How Fit Are You? Reading/Answer Questions 1-12 • ¾ Mile Run 	<ul style="list-style-type: none"> • Warm Up - Cool Down Handout • Heart Rate Record Sheet/Practice Taking Heart Rate • Push Up Progress Worksheet • 1 Minute Push up Test Recorded in Push Up Log 	<ul style="list-style-type: none"> • Capture the Flag • Check Heart Rate After Every Score
Monday September 3	T/W September 4/5	R/F September 6/7
<ul style="list-style-type: none"> • Current Health Too Much Sun And Heat Reading/Questions 1-12 • Mile Run 	<ul style="list-style-type: none"> • Fitness Assessment • Timed Mile Run • Capture The Flag 	<ul style="list-style-type: none"> • Capture The Flag • Check Heart Rate After Every Score
Monday September 10	T/W September 11/12	R/F September 13/14
<ul style="list-style-type: none"> • Current Health Living With Diabetes Reading/Answer Questions 1-8 • Mile Run 	<ul style="list-style-type: none"> • Unit Review • Current Health review • Study Guide 	<ul style="list-style-type: none"> • Unit Test • Choice Of Activities