

Lifetime Health and Personal Fitness Pacing Guide

| Lifetime Health | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------|---|---|--|--|---|
| Week 1: Ch. 1-3 | Stress & Coping Mechanisms | Leading a Healthy Life | Skills for a Healthy Life | Self-esteem and Mental Health | Assessment |
| Week 2: Ch. 4-7 | Managing Stress and Coping with Loss | Preventing Violence and Abuse | Physical Fitness for Life | Nutrition for Life | Assessment |
| Week 3: Ch. 8-11 | Weight Management and Eating Behaviors Individualized SMART Food Log and Food Log Diary | Understanding Drugs and Medicines | Alcohol | Tobacco | Assessment |
| Week 4: Ch. 12-15 | Alcohol Food Log | Illegal Drugs | Preventing Infections Diseases | Lifestyle Diseases | Other Diseases and Disabilities |
| Week 5: Ch. 16 | Start Group Project/Personal Project | Continue Group Project/Personal Project | Prevent Group Project/Personal Project | Prevent Group Project/Personal Project | Substance and Alcohol |
| Week 6: Ch. 17 & Express Lessons | Marriage, Partnership, and Family | Men's and Body Work | What You Need to Know About | First Aid and Safety | Assessment |
| Week 7: PLACE Curriculum | From Assessment to Choice-Telling Lesson | Reproductive System | Pregnancy | Sexual Orientation and Gender Identity | Understanding Gender Stereotypes |
| Week 8: PLACE Curriculum | Healthy Relationships | Gender and Consent | Online Safety/ Sexual Violence Prevention | Abstinence | Preventing Pregnancy/ Birth Control Methods |
| Week 9: PLACE Curriculum | Preventing HIV and Other STDs | Testing for HIV & Other STDs | Contraception and Disinfectant-Testing | Risk & Health Assessment | HPV Vaccine/Exams |
| Personal Fitness | Lesson Focus | | Examples of Activities | | |
| Week 10: Ch. 1 & 2 | Leading Good Feeling Good & Components of Physical Health and Life-Related Fitness Components | | Physical Fitness: Pre Assessment Cardiovascular, Strength, Flexibility, Body Composition, Agility (tag-tag, hand, balance beam foot stands, coordination ladder, hand stand, power (standing long jump), Reaction Time (100 yard dash) | | |
| Week 11: Ch. 3 & 4 | Goal Setting & Guidelines for Exercise (Benchmark #1) | | Power walk, personal best effort and records (jumping jack, long jump, sit-ups, cycling, circuit training, heart rate, stretching, calculation, interval walking/jogging, cool down, frequency, intensity, time, interval, training program, circuit training program-flexibility exercises, rest | | |
| Week 12: Ch. 5 & 6 | Principles of Training & Flexibility | | Computing target heart rate, step aerobic, analyzing walking/jogging form, rock and roll test-aerobic, cardio fitness activities, muscular strength and endurance exercises without weights (couch, sit and twist, pull up, push up, side leg lift, leg curl, step up, heel raise, parallel, sit-ups, a variety of weights | | |
| Week 13: Ch. 7 & 8 | Cardiovascular Fitness & Muscular Fitness | | Goal analysis, Rock guide pyramid, sit-ups, circuit training, body fat measurements, participate in vigorous aerobic activities and calculate calorie | | |
| Week 14: Ch. 9 & 10 | Nutrition & Body Composition (Benchmark #2) | | Personal fitness and perspective inside relationship exercises, media and advertising | | |
| Week 15: Ch. 11 & 12 | Stress & Coping Issues | | | | |

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