

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/Smart Lunch Diary	Understanding Drugs and Medicines	Alcohol	Tobacco	Assessment
Week 4: Ch. 12-15	Responsible Food Choices	Alcohol Abuse	Preventing Infections Diseases	Lifestyle Diseases	Other Diseases and Disabilities
Week 5: Ch. 16	Start Group Project/SMART on Disasters	Continue Group Project/SMART on Disasters	Prevent Group Project/SMART on Disasters	Prevent Group Project/SMART on Disasters	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	Personal Assessment & Gender-Testing 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	Condoms/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 Personal Health and Life-Related Fitness Components		Physical Fitness: Personal Assessment Cardiovascular, Strength, Flexibility, Body Composition, Agility (tag-tag, hand, balance beam foot stands), Coordination (balance beam foot stands), Power (standing long jumps), Reaction Time (100 yard dash)		
Week 11: Ch. 3 & 4	Goal Setting & Guidelines for Exercise (Benchmark #1)		Personal work, personal best effort and records (jumping jacks, lunges, push-ups, sit-ups, cycling, circuit training, heart rate, stretching, calculation, 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, rest		
Week 13: Ch. 7 & 8	Cardiovascular Fitness & Muscular Fitness		Computing target heart rate, step aerobic, analyzing walking/jogging forms, rock and roll test-aerobic, cardio fitness activities, muscular strength and endurance exercises without weights (squats, lift and twist, pull up, push up, side leg lift, leg curl, step ups, heel raises, planks), intervals exercises w/ weights		
Week 14: Ch. 9 & 10	Nutrition & Body Composition (Benchmark #2)		Goal analysis, food guide pyramid, myPlate, circuit training, body fat measurements, participate in vigorous aerobic activities and calculate calorie deficit		
Week 15: Ch. 11 & 12	Stress & Coping Mechanisms		Personal Journal and perspective journal reflection exercises, media and advertising		

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