

Weeks

Massachusetts Performance Standards

The students will:

- 2.20 – Demonstrate exercises in strength training, cardiovascular activities, and flexibility training
- 2.21 – Identify the components of physical and the factors involved in planning and evaluating fitness programs for individuals at different stages of the life cycle.
- 2.25 – Understand how activity participation patterns are likely to change throughout life and identify strategies to deal with those changes, including a plan for life-long wellness.
- 2.26 – Apply safe practices, rules, procedures, and sportsmanship etiquette in physical activity settings, including how to anticipate potentially dangerous consequences and outcomes of participation in physical activity
- 2.27 – Define functions of leadership in team sports (increasing motivation, efficiency, and satisfaction).

UNIT

Stress Management

Objectives (Students will...)

Students will achieve a level of understanding and skills practice regarding several stress management methods, as well as evaluating their personal stressors and ways to manage their stress.

- Identify some common stressors and their effects on them physically and psychologically.
- Assess their personal stress level and identify specific causes of stress that they can work on.
- Demonstrate and describe the goal and the skill of deep breathing, inward focus, and meditation and describe its effect on them physically and psychologically.
- Demonstrate their understanding and mastery of a stress management technique.

Essential Question

What physical, social, and emotional benefits will you get from applying stress management to your life?

Mission and Expectations

Health & Wellness

- Understands the fundamental wellness and fitness concepts and the skills which foster healthy habits and behaviors
- Make healthy –enhancing decisions by assessing risks and considering potential consequences.

Autonomous Learning Skills

- Takes responsibility for his/her learning
- Is a lifelong learner
- Can set priorities and identify

Personal and Social Responsibility

- Takes responsibility for his/her learning
- Respects himself/herself and others

Teacher Resources

1. The Relaxation and Stress Reduction.
2. Life by Design: Making Lifestyle Choices That Contribute to Better Physical and Emotional Health.
3. Yoga: The Iyengar Way
4. The Sivananda Companion to Yoga

Media and Technology Resources

1. “Personal Fitness” DVD – Chapters 1 & 2

Evaluation/Activities

Lecture/Demonstration: Each concept/topic will be introduced by the teacher using any resources that are available.

Class work: To be done on each topic/concept as needed for understanding.

Homework: To be given daily on each introduced topic as determined by the teacher.

Review: All weekly concepts will be reviewed and connections to concepts should be made by the students.

Quiz: Formal assessments will be given as warranted by the curriculum.

Lesson Completion Date:

Technology Used/ Date Used:

Completed By:

Comments: