

















































Topics									
	Physical Wellness	Social Wellness	Emotional Wellness	Community Wellness	Financial Wellness	Spiritual Wellness	Intellectual Wellness	Environmental Wellness	
Standard									
1									
2									
3									
4									
5									
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S.H.A.P.E National Health Standards

- Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- Standard 2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Standard 3:** Students will demonstrate the ability to access valid information and products and services to enhance health.
- Standard 4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.
- Standard 6:** Students will demonstrate the ability to use goal-setting skills to enhance health.
- Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Standard 8:** Students will demonstrate the ability to advocate for personal, family, and community health.

Citation: National Standards for K-12 Health Education Copyright 2013, SHAPE America – Society of Health and Physical Educators, 1900 Association Drive, Reston, VA 20191, www.shapeamerica.org. All rights reserved.

S.H.A.P.E National Physical Education Standards

- Standard 1:** Demonstrates competency in a variety of motor skills and movement patterns
- Standard 2:** Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance
- Standard 3:** Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
- Standard 4:** Exhibits responsible personal and social behavior that respects self and others
- Standard 5:** Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

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Student Class Organizer: 11th Grade Wellness

Essential Questions: To what extent does Wellness have an impact on my quality of life? How do my choices and actions impact my overall Wellness? How do I achieve overall Wellness?

Standards

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Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

Citation: Joint Committee on National Health Education Standards. (2007). National Health Education Standards, Second Edition: Achieving Excellence. Washington, D.C.: The American Cancer Society.

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Course Outline:

- Offers students a comprehensive approach to help prepare them to live a life of well-rounded health and wellness
- Variety of wellness-driven content inclusive of life skills such as cooking, financial literacy, and personal care practices
- Students will have the chance to engage in various physical activities such as tennis, badminton, pickleball, frisbee, Wiffle ball, backyard games, safety and self-defense, fitness, etc.
- Students will engage in a variety of mindfulness practices as an advancement from the practices and philosophies they established in Sophomore year wellness
- Students will also be provided the opportunity to focus on lifelong wellness pursuits through physical activities that promote physical, social, and emotional well-being, enhanced quality of life, and enjoyment will be the focal point of the multiple recreational activities that will be experienced

Essential Questions:

What do you plan on pursuing after high school in order to fulfill your overall well-being?

How can you take the given skills and apply them to your everyday life?