**JANUARY**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | 1 | 2 | 3 | 4 | 5 |
| 6 | 7Your Fitness Log | 8Health and Wellness | 9A Healthy Lifestyle | 10 | 11 | 12 |
| 13 | 14**Topic Test 1** | 15Physical Fitness Basics | 16Physical Fitness and Lifestyle | 17Physical Activity Benefits | 18 | 19 |
| 20 | 21Physical Fitness Attitudes | 22**Topic Test 2** | 23Principles of Exercise | 24Health Related Fitness | 25 | 26 |
| 27 | 28Skill Related Fitness | 29Fitness Evaluation | 30**Topic Test 3**Setting Healthy Goals | 31Your Fitness Plan |  |  |

**FEBRUARY**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  | 1Activity Selection | 2 |
| 3 | 4Beginning an Exercise Program | 5Fitness Centers and Equipment | 6**Topic Test 4**First Aid | 7Environmental Conditions and Safety | 8Making Wise Personal Decisions | 9Environmental Health |
| 10 | 11**Topic Test 5**Lifetime Fitness | 12Aging and Fitness | 13Heredity and Genetics | 14**Topic Test 6** | 15Decision Making | 16 |
| 17 | 18Communication**No School** | 19Conflict Management**No School**  | 20Peer Pressure and Refusal Skills | 21Personal Care | 22 | 23 |
| 24 | 25**Topic Test 7** | 26Time Management | 27Leadership | 28Making Consumer Choices |  |  |

**MARCH**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  | 1Choosing Health Services | 2 |
| 3 | 4Dealing with Consumer Issues | 5Fitness and Wellness Centers | 6 | 7**Topic Test 8****End Q3!!!** | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 |  |  |  |  |  |  |

**(March 25-29th Spring Break!!!)**

**Personal Wellness**

**(Orange)**

|  |  |
| --- | --- |
| **Assignment** | **INow Due Date** |
| Your Fitness LogHealth and WellnessA Healthy Lifestyle**Topic Test 1 (1/14)**Physical Fitness Basics | **1/16** |
| Physical Fitness and LifestylePhysical Activity BenefitsPhysical Fitness Attitudes**Topic Test 2 (1/22)** | **1/23** |
| Principles of ExerciseHealth-Related FitnessSkill Related FitnessFitness Evaluation**Topic Test 3** | **1/30** |
| Setting Healthy GoalsYour Fitness PlanActivity SelectionBeginning an Exercise ProgramFitness Centers and Equipment**Topic Test 4** | **2/6** |
| First AidEnvironmental Conditions and SafetyMaking Wise Personal DecisionsEnvironmental Health**Topic Test 5 (2/11)**Lifetime FitnessAging and Fitness | **2/13** |
| Heredity and Genetics**Topic 6 Test (2/14)**Decision MakingCommunicationConflict Management | **2/20** |
| Peer Pressure and Refusal SkillsPersonal Care**Topic Test 7 (2/25)**Time Management | **2/27** |
| LeadershipMaking Consumer ChoicesChoosing Health ServicesDealing with Consumer IssuesFitness and Wellness Centers | **3/6** |
| **Topic Test 8** | **3/7** |