**JANUARY**

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

**FEBRUARY**

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

**MARCH**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  | 1  Choosing Health Services | 2 |
| 3 | 4  Dealing with Consumer Issues | 5  Fitness 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)**

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| --- | --- |
| **Assignment** | **INow Due Date** |
| Your Fitness Log  Health and Wellness  A Healthy Lifestyle  **Topic Test 1 (1/14)**  Physical Fitness Basics | **1/16** |
| Physical Fitness and Lifestyle  Physical Activity Benefits  Physical Fitness Attitudes  **Topic Test 2 (1/22)** | **1/23** |
| Principles of Exercise  Health-Related Fitness  Skill Related Fitness  Fitness Evaluation  **Topic Test 3** | **1/30** |
| Setting Healthy Goals  Your Fitness Plan  Activity Selection  Beginning an Exercise Program  Fitness Centers and Equipment  **Topic Test 4** | **2/6** |
| First Aid  Environmental Conditions and Safety  Making Wise Personal Decisions  Environmental Health  **Topic Test 5 (2/11)**  Lifetime Fitness  Aging and Fitness | **2/13** |
| Heredity and Genetics  **Topic 6 Test (2/14)**  Decision Making  Communication  Conflict Management | **2/20** |
| Peer Pressure and Refusal Skills  Personal Care  **Topic Test 7 (2/25)**  Time Management | **2/27** |
| Leadership  Making Consumer Choices  Choosing Health Services  Dealing with Consumer Issues  Fitness and Wellness Centers | **3/6** |
| **Topic Test 8** | **3/7** |