

Fitness for Life (High School)—Half Day

- 8:00-9:00 Introduction to program
Use in-service CD-ROM to access slides.
Program philosophy
Course objectives
Organization and scheduling
Program components (text, lesson plans, resources and materials)
Ancillary materials
- Lesson plans CD-ROM, lesson plans book, wraparound
 - Resources and materials and CD-ROM
 - Presentation package CD-ROM
 - Spanish E-book
 - Activity and vocabulary cards CD-ROM
 - Music CDs
- Research showing effectiveness
- 9:00-10:00 Sample classroom lesson
Student workbooks—copy from resource materials
Presentation package
Taking charge for learning self-management skills
Show sample of video
Vocabulary cards
Using Web icons in book
- 10:00-10:15 Break
- 10:15-11:00 ***Fitness for Life*** activities and self-assessments
- Use music CD and activity cards
 - Use fitness activity sheets from resources CD
- 11:00-11:30 Use of technology
Test bank
Book-specific Web site
Online Study Guide (electronic worksheet submission)
Online portfolios using Online Study Guide
- 11:30-12:00 Assessment and question/answers
Grading
Student portfolios
Assessment rubric