

Fitness for Life Full Day (Combined Middle School/High School)

8:00-8:30	General overview, philosophy, objectives IDEA, HELP, NASPE objectives
8:30-9:30	Middle school program overview Organization and scheduling Program components (student text and <i>Teacher's Guide</i>) Ancillary materials
9:30-10:00	Sample middle school classroom lesson
10:00-10:15	Break
10:15-11:00	Middle school activities and self-assessments
11:00-12:00	High school program overview Program philosophy and course objectives Organization and scheduling Program components (text, lesson plans, resources and materials) Ancillary materials <ul style="list-style-type: none">• 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
12:00-1:15	Lunch
1:15-1:45	Sample high school classroom lesson
1:45-2:30	High school activities and self-assessments
2:30-2:45	Break
2:45-3:15	Technology
3:15-3:45	Assessment, grading, student portfolios
3:45-4:00	Questions and answers