

UNIT PLAN: Cardio Wellness		
Day 1:	Day 3:	Day 5:
<ul style="list-style-type: none"> • Introduction to Unit • Lifestyle Evaluation Worksheet • Calculating Activity Index Worksheet • Heart Rate Monitors - Introduce • Activity - Heart Walk 	<ul style="list-style-type: none"> • Dietary Analysis – “Your daily diet vs the food pyramid” (Go over homework) • Analyze diets – popular now (use articles) • Discuss “Anatomy of a Food Label” and show diff types of foods and review their labels. • Activity – Walk • Hand of Study Sheets for Quiz 	<ul style="list-style-type: none"> • Discuss “Fat”, different types of fat • Developing an Exercise Program (Cardio respiratory Endurance/MS and Endurance) • Activity – Fitness Circuit with HR Monitors • Unit Wrap Up
Day 2:	Day 4:	Assessment:
<ul style="list-style-type: none"> • Heart Rate Monitors – Assign and implement. • VO2 Max with 1 Mile Walk Test w/ HR Monitors • Assign Homework – give students 3 day dietary analysis sheet to fill out. 	<ul style="list-style-type: none"> • Quiz • Pedometers – Introduce, assign pedometer and calculate steps • Workout – Intervals – Fast Walking, slow walking. – Route around campus. 	<ul style="list-style-type: none"> • Skills check sheet done by teacher • Quiz on terms and strategies • Rain Activity – Workout Stations – show what students can do to work out at home in station work.