

**2012-2013****UNIT PLAN: Cardio Wellness**

<b>Day 1:</b>	<b>Day 3:</b>	<b>Day 5:</b>
<ul style="list-style-type: none"><li>• Introduction to Unit</li><li>• Lifestyle Evaluation Worksheet</li><li>• Calculating Activity Index Worksheet</li><li>• CO2 Max with 1 mile walk test</li></ul>	<ul style="list-style-type: none"><li>• Dietary Analysis – “Your daily diet vs the food pyramid”</li><li>• Analyse diets – popular now (use articles)</li><li>• Informed Food Choices worksheet</li><li>• Workout – 10 week Runners Club for Beginners Program. Handout, discuss and perform.</li></ul>	<ul style="list-style-type: none"><li>• Developing an Exercise Program for Cardio respiratory Endurance.</li><li>• Designing and Monitoring a Wt Training Program Worksheet.</li><li>• Workout – Runners Club Running Workout.</li></ul>
<b>Day 2:</b>	<b>Day 4:</b>	<b>Assessment:</b>
<ul style="list-style-type: none"><li>• Assessing Muscular Endurance Worksheet</li><li>• Workout – Stations – show what students can do to work out at home in station work.</li><li>• Assign Homework – give students 3 day dietary analysis sheet to fill out.</li></ul>	<ul style="list-style-type: none"><li>• Quiz</li><li>• Calculating Daily Energy Balance Worksheet.</li><li>• Workout – Intervals – Fast Walking and College Hills – HR Monitors</li></ul>	<ul style="list-style-type: none"><li>• Skills check sheet done by teacher</li><li>• Quiz on terms and strategies</li></ul>