

## High School OCPE Spring Curriculum Calendar

*Please remember – ALL students are 1<sup>st</sup> Time Takers due to new curriculum in 2016-2017*

Week	Dates	Health Topic	1 <sup>st</sup> Time Taken	2 <sup>nd</sup> Time Taken	3 <sup>rd</sup> Time Taken	4 <sup>th</sup> Time Taken
18	Jan 2-6	<u>Types of Training</u>	<u>Check for Understanding Questions (CfUQ)</u>	<b>*Not Needed Until 2017-2018</b>	<b>*Not Needed Until 2018-2019</b>	<b>*Not Needed Until 2019-2020</b>
			<u>Goal Setting Worksheet</u>			
			<u>Nutrition and Activity Journal</u>			
			<u>Written Assignment Grading Rubric</u>			
19	Jan 9-13	<u>Static Stretching vs. Dynamic Stretching</u>	<u>CfUQ</u>			
20	Jan 16-20	<u>Healthy vs. Unhealthy Snacks</u>	<u>CfUQ</u>			
21	Jan 23-27	<u>Sugary Drinks and Energy Drinks</u>	<u>CfUQ</u>			
22	Jan 30- Feb 3	<u>Time Management</u>	<u>CfUQ</u>			
23	Feb 6-10	<u>Alcohol</u>	<u>CfUQ</u>			
24	Feb 13-17	<b>Review Week</b>	<b>4<sup>th</sup> 6 Weeks Exam</b>			
25	Feb 20-24	<u>Muscles</u>	<u>Check for Understanding Questions (CfUQ)</u>			
			<u>Goal Setting Worksheet</u>			
			<u>Nutrition and Activity Journal</u>			
			<u>Written Assignment Grading Rubric</u>			
26	Feb 27- Mar 3	<u>Weight Training Safety</u>	<u>CfUQ</u>			
27	Mar 6-10	<u>FITT Principle</u>	<u>CfUQ</u>			
28	Mar 20-24	<u>Metabolism</u>	<u>CfUQ</u>			
29	Mar 27-31	<u>Sports Supplements</u>	<u>CfUQ</u>			
30	Apr 3-7	<b>Review Week</b>	<b>5<sup>th</sup> 6 Weeks Exam</b>			
31	Apr 10-14	<u>Staph Infections</u>	<u>Check for Understanding Questions (CfUQ)</u>			

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			<u>Goal Setting Worksheet</u>			
			<u>Nutrition and Activity Journal</u>			
			<u>Written Assignment Grading Rubric</u>			
32	Apr 17-21	<u>Drugs/Prescription Drug Abuse</u>	<u>CfUQ</u>			
33	Apr 23-28	<u>Vegan vs. Vegetarian, Vitamins and Minerals</u>	<u>CfUQ</u>			
34	May 1-5	<u>Carbohydrates, Proteins, Fats, and the Athlete</u>	<u>CfUQ</u>			
35	May 8-12	<u>Lifetime Fitness Goals</u>	<u>CfUQ</u>			
36	May 15-19	<u>Review Week</u>	<u>6<sup>th</sup> 6 Weeks Exam</u>			
37	May 21-26					

\*Final Project done in Week 37 only if students have completed the whole year or if they only took the class in the second semester.

**Student Written Assignments  
(4<sup>th</sup> 6 Weeks)**

Name \_\_\_\_\_

1. Nutrition and Activity Journal \_\_\_\_\_/100 pts total

2. Goal Setting Worksheet \_\_\_\_\_/100 pts total

3. 6 Weekly Topic Sheets with Questions

• Week 18: Types of Training \_\_\_\_\_/100 pts total

• Week 19: Static Stretching vs. Dynamic Stretching \_\_\_\_\_/100 pts total

• Week 20: Healthy vs. Unhealthy Snacks \_\_\_\_\_/100 pts total

• Week 21: Sugary Drinks and Energy Drinks \_\_\_\_\_/100 pts total

• Week 22: Time Management \_\_\_\_\_/100 pts total

• Week 23: Alcohol \_\_\_\_\_/100 pts total

**Written Work Average Grade (Total points divided by 8) \_\_\_\_\_**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**HS 1<sup>st</sup> Time Taken**

**4<sup>th</sup> 6 Weeks Nutrition and Activity Journal**

This sheet is done once per six weeks but can be done on any week during the grading period.

**Nutrition Goal: (20 pts)**

**(30 pts)**

	Breakfast	Lunch	Dinner	Snacks
MON				
TUES				
WED				
THURS				
FRI				

**Lifestyle Factors for the Week (10 pts)**

Average Hours of Sleep: \_\_\_\_\_ # of Breakfasts: \_\_\_\_\_

Glasses of Water: \_\_\_\_\_ # Sugar Drinks: \_\_\_\_\_

# of Protein Servings \_\_\_\_\_ # of Fruit Servings \_\_\_\_\_

# of Veggie Servings \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Physical Activity and Exercise Goals (FITT): (20 pts)**

**(30 pts)**

	Cardiovascular Endurance Activities	Muscular Strength/Endurance Activities	Flexibility Activities
MON			
TUES			
WED			
THURS			
FRI			

**Lifestyle Factors for the Week (10 pts)**

Trouble Sleeping:  Exercise Fatigue:  Muscle/Joint Pain:

Change in Appetite:  Gained Interest in Exercise:

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## HS 1<sup>st</sup> Time Taken Goal Setting Worksheet

My goals for this 6 weeks are: **(25 Points)**

- 1.
  
- 2.

Start Date: \_\_\_\_\_ Target Completion: \_\_\_\_\_

What will help you reach your goal?  
**(25 Points)**

- 1.
  
- 2.
  
- 3.

What are things that will stand in your way?  
**(25 Points)**

- 1.
  
- 2.
  
- 3.

How will reaching these goals affect you? **(25 Points)**

## Types of Training

**Aerobic Training** uses large muscle groups to perform rhythmic actions for a sustained period of time. This type of training strengthens your cardiovascular system by increasing your heart rate and breathing. Aerobic training should maintain your heart rate between 60 to 90 percent of your maximum heart rate for longer than 15 minutes. Examples of aerobic exercise include fast walking, jogging, dancing, running, stair stepper, elliptical and swimming.

**Interval Training** involves short bursts of intense activity interspersed with lighter activity or rest periods. Interval training is an aerobic based workout. You choose your aerobic exercise and add intervals of increased speed or resistance. For example, during a brisk walk, you would add a one-to-two minute sprint, then return to your brisk walking for an equal amount of time. This type of training is used for improving sport performance.

**Circuit Training** is a system of exercises that consists of short cycles of vigorous movements, performed in bouts of approximately 30 seconds. You work at a pace that lets you move from exercise to exercise with only a short rest between sets and allows you to work for 30 minutes or more. For example, you will participate in 8 to 12 stations for 30 seconds each with a 10-second rest period between each one, and then you will repeat all stations. Circuit training improves muscular strength.

**CrossFit** is strength and conditioning training which combines aerobic exercise, calisthenics, gymnastics, and Olympic weightlifting. Crossfit classes consist of a warm-up, skill development, high-intensity workout of the day, and stretching. Men and women are drawn to CrossFit because of its constantly varied workouts. Workouts may include calisthenics, weightlifting, powerlifting, plyometrics, indoor rowing, aerobic exercise, running, and swimming. Due to the intensity of the workouts, injuries can be frequent.

**Pilates** combines low-impact exercise and stretches to increase your core strength. It is designed to improve physical strength, flexibility, and posture and enhance mental awareness. Pilates is adaptable to many fitness levels from the beginner to the elite athlete. It is sometimes expensive when done at a gym due to specialized training for the instructors as well as equipment and gym space rental.

**Plyometrics**, or bounding exercises, are excellent for building power, reaction time, coordination, and explosiveness. Boxes are sometimes used to increase the effect by utilizing gravity and adding more resistance. The repetitive jumping and bounding can cause stress on the joints.

### Tips for beginning any type of exercise program

- Consult your doctor before you start exercising.
- Let your doctor know if you experience any problems once you start your exercise training.

