

Fitness for Life: Middle School—Full Day

- 8:00-9:15 Introduction to program
Use slide program available online
IDEA
HELP philosophy
Course objectives
Organization and scheduling
Program components (student text and *Teacher's Guide*)
Ancillary materials (show both wraparound notebook and packet)
Class organization to begin class
- 9:15-10:15 Sample classroom lesson
- 10:15-10:30 Break
- 10:30-11:45 Sample *Fitness for Life* activities and self-assessments
- 11:45-1:00 Lunch
- 1:00-2:15 Use of technology
Book-specific Web site
Computer programs
CD-ROM
Test bank
- 2:15-2:30 Break
- 2:30-3:30 Assessment
Grading
Student portfolios
Assessment rubric
- 3:30-4:00 Questions and answers