

## *Fitness for Life: Middle School*—Half Day

- 8:00-9:00 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)
- 9:00-9:30 Sample classroom lesson
- 9:30-9:45 Break
- 9:45-10:30 Sample *Fitness for Life* activities and self-assessments
- 10:30-11:00 Use of technology  
Test bank  
Book-specific Web site  
Computer programs  
CD-ROM
- 11:00-11:30 Assessment  
Grading  
Student portfolios  
Assessment rubric
- 11:30-12:00 Questions and answers