

Fitness for Life (High School)—Full Day

- 8:00-9:30 Introduction to program
Use in-service CD-ROM to access slides
Program philosophy
Course objectives
Organization and scheduling
Program components (text, lesson plans, resources and materials)
Ancillary materials
- Lesson plans CD-ROM, lesson plans book, wraparound
 - Resources and materials and CD-ROM
 - Presentation package CD-ROM
 - Spanish E-book
 - Activity and vocabulary cards CD-ROM
 - Music CDs
- Research showing effectiveness
- 9:30-9:45 Break
- 9:45-10:45 Sample classroom lesson
Student workbooks—copy from resources and materials
Presentation package
Taking charge for learning self-management skills
Show sample of video
Using Web icons in book
- 10:45-12:00 ***Fitness for Life*** activities and self-assessments
- Use music CD and activity cards
 - Use fitness activity sheets from resources CD
- 12:00-1:15 Lunch
- 1:15-2:30 Use of technology
Test bank
Book-specific Web site
Online Study Guide (electronic worksheet submission)
Online portfolios using Online Study Guide
- 2:30-3:30 Grading, assessment, portfolios
- 3:30-4:00 Questions and answers