

Trimester	Content	Skills	Assessments	Eligible Content
	Health & Skill Related Fitness	Recall the health components and cite examples Differentiate the components of health-related fitness	Writing responses Questioning Class Discussion Worksheets	10.5.6.D, 10.5.9.A
	Importance of Physical Activity	Citing the 3 categories of physical activity	Crossword Exit ticket	10.4.9.A, 10.4.9.B, 10.4.9.C.
	Aerobic & Anaerobic Activity	Differentiation between aerobic & anaerobic and place activities in the proper group	Worksheet, Class Discussion Questioning	10.1.9.A, 10.1.9.E
	Choosing Physical Activities	Identifying the reasons why we participate in sports/physical activity	Worksheet Class Discussion Questioning	10.4.9.E, 10.4.9.F
	Weight Of The Nation	Analyze the importance of physical activity in relation to caloric intake	Brain Teasers Journal	10.1.9.C, 10.4.9.B
	Self-Image	Understanding goal setting Self-awareness of strengths and weaknesses	Class Discussion Short Essay	10.1.9.A, 10.1.9.D, 10.1.9.E

