

# Course Materials:

COURSE OUTLINE: Wellness/Fitness

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* Five For Life Curriculum
* FLASH Curriculum
* LMS – Schoology

# Description:

Focus on the Four Pillars of Self Care: Physical Literacy, Health Literacy, Nutrition, and Social Emotional Learning (SEL) through a series of stations each day may include:

1. Complete Daily Do Now’s for reflective class starters
2. Complete Daily Word Wall Ticket for wellness vocabulary
3. Complete Daily Content Assignment – completion of daily health emergency content assignment
4. Assessments
5. May assign projects or have other assessments as needed

Classroom Organization may include:

* Attendance
* Review agenda for the day on the virtual white board
* Complete the Do Now
* Fitness
* Discuss Daily Word Wall
* Complete the Word Wall
* Daily Activity
* Direct instruction on daily content
* Closing Thoughts