**Erie High School** Wellness Department – 2021 LIFEFIT Mrs. Bennett E-mail**:****mbennett@eriesd.org**   **Phone: 874-6200 ext. 1516**

**Special Help** **Monday:8:00- 8:40 AM**

 **Text:** Five For Life Curriculum, FLASH Curriculum, American Red Cross Resources7, Habits of Highly Effective Teens by Sean Covey, Empowerment Journal-Believe in you

**Course Materials:** – Schoology, proper footwear

**Course Description**: **Focus on overall wellbeing while concentrating on the Four Pillars of Self Care.** Physical Literacy, Health Literacy, Nutrition, and Social Emotional Learning (SEL) **This course will build upon the knowledge gained in Wellness I and will utilize this foundation to facilitate a deeper understanding**

Course Assessments:

1. Attendance /Complete Daily ASAP/Do Nowfor reflective class starters

 2. Complete **Daily Warm up**

 3. Complete Daily **Content Assignment** Physical & Health Literacy, Nutrition & SEL

 4. Ticket Out The Door

**Classroom Organization:Multiple Classes on Gym floor**✓ Attendance ✓ Review agenda for the day ✓ Complete the do now in Schoology ✓ Daily Station Rotations

✓ Direct instruction on daily content (I do, We do, You do)

1.)Come to class on time

2,) Find your Number Spot

3.) Keep Phones and Headphones put away

4.) Always have shoes you can move in

5.)Do not leave the gym

6.) DO YOUR BEST EVERY DAY & Participate!

