

Health and Activity for Life Wellness Portfolio

OBJECTIVE: To understand and evaluate the importance of living a healthy and active lifestyle.

STANDARDS BASED EXPECTED OUTCOMES:

1. Students will understand the importance of physical and personal wellness
2. Students will understand the importance of emotional and social wellness
3. Students will understand prevention and risk management
4. Students will understand the value of intrinsic motivation towards setting “SMART” goals

Notebook (3 Ring Binder) PORTFOLIO DIRECTIONS:

2. Your Notebook (3 Ring Binder) must:
 - a. Follow all directions on assignments
 - b. Number and label each topic page
 - c. You should be creative in the presentation of content. (Do your own work)
 - d. Utilize different forms of illustrations
 - e. Your Notebook (3 Ring Binder) should be neatly done
 - f. Your Notebook (3 Ring Binder) should be well organized, legible, use proper grammar and sentence structure
 - g. Complete sentences. (Paragraphs are 3-5 sentences in length.)
 - h. Your Notebook (3 Ring Binder) and assignments should be **TURNED IN ON TIME!**
3. The project (Your Notebook / 3 Ring Binder) will be assessed by the student AND the teacher using a rubric.

This week's TOPIC PAGES:

1. **Cover page**
2. **“My name is...” page**

DIRECTIONS FOR TOPIC PAGES:

1. **Cover Page:**
 - a. Design and make a fancy cover for your book that tells something about you. Please include:
 - i. Original title
 - ii. Your first and last name
 - iii. Period number
 - iv. Date/Semester
 - v. Some sort of positive artwork
2. **“My name is...” Page:**
 - a. In the middle of the page, write your first name vertically.
 - i. For each of the letters, write a word or a phrase that may start or is inclusive with that letter.
 - ii. The word or phrase should describe you or tell something about you (i.e. - likes and/or dislikes).
 - b. Write at least a paragraph (3-5 sentences in length) answering the following questions:
 - i. Do you like your name? Explain why.
 - ii. If you could change your name, what would it be? Explain why?
 - c. Write at least a paragraph (3-5 sentences in length) answering the following questions:
 - i. What does Physical Education mean to you? Explain why?
 - ii. What is the difference between physical education and physical activity?
 - iii. Why is physical education important? Explain why?