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:
Standard 1: Demonstrate Competency in motor skills and movement patterns needed to perform a variety of physical activities.
(Psychomotor Domain)
Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
(Cognitive Domain)
Standard 3: Participates regularly in physical activity.
(ALL Domains)
Standard 4: Achieves and maintains a health enhancing level of physical fitness.
(Fitness Domain)
Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
(Affective Domain)
Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
(Affective Domain)

Notebook (3 Ring Binder) PORTFOLIO DIRECTIONS:
1. 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!

2. The project (Your Notebook / 3 Ring Binder) will be assessed by the student AND the teacher using a rubric.

This week’s TOPIC PAGE:
Emotional and Social Wellness Page

DIRECTIONS FOR TOPIC PAGE:
Emotional and Social Wellness Page

1. Write at least a paragraph describing how exercise affects a person’s emotional and social wellness.
2. Write a letter to a friend or family member you might be concerned about.
   Address these areas:
   - Concerns about their well being
   - Stress level
   - Self Esteem
   - Self Concept

3. How would you effectively help your friend in these areas?