

## **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?