

**Pequea Valley School District
Wellness Education**

Unit: PREPARATION

Course: Wellness for Athletes (virtual)

Grade: 9-12

Planning the Focus Based on the Desired Result

How to prepare the body for athletics using mental, physical and emotional discipline.

Unit Essential Question(s)

- How do we prepare the body for athletic participation using mental, physical and emotional discipline?

Keystone Eligible Content/PA Core Standard

- 10.5.9.D

Pacing: Approximate number of class sessions per unit

- 30 (6 weekly lessons)

Tier 3 Vocabulary (Content specific vocabulary)

- Specificity
- Progression
- Overload
- Reversibility
- Rest and Recovery
- Tedium
- Transfer
- Balance
- Variation
- Frequency
- Intensity
- Time
- Type
- Progressive overload
- Resistance exercise
- Cardio respiratory exercise
- Interval Training

- Circuit Training
- Aerobic
- Anaerobic
- Lactic Acid
- Muscular Endurance
- Cardiovascular Endurance
- Core Training
- Plyometric Training
- stretch reflex
- Eccentric phase
- Amortization phase
- Concentric phase
- Series elastic component
- Stretch-shortening cycle
- Mechanical model
- Neurophysical model

Know - What do students need to **know** in order to be able to do and understand? *List concepts, such as facts, formulas, key vocabulary and knowledge “nuggets”.*

Understand - What do students need to **understand**? What is the **big idea**? *List broad concepts or “big ideas” in a statement of enduring understanding.*

Learning Outcome - What do students need to be able to **accomplish** by the unit’s end? *Culmination Assessments embedding skills and competencies*

Software/Resources:

Learner Agency: Learner Agency is possessing the mindset and know-how to act in a manner which empowers and positions learners for a life-time of learning.

**Pequea Valley School District
Wellness Education**

Unit: ACTION

Course: Wellness for Athletes (virtual)

Grade: 9-12

Planning the Focus Based on the Desired Result

How we develop an action plan for a sport using mental, physical and emotional discipline

Unit Essential Question(s)

- How do we develop an action plan for a sport using mental, physical and emotional discipline?

Keystone Eligible Content/PA Core Standard

- 10.5.9.A

Pacing: Approximate number of class sessions per unit

- 30 (6 weekly lessons)

Tier 3 Vocabulary (Content specific vocabulary)

- Balance
- Static balance
- Dynamic balance
- Center of gravity
- Base of support
- Equilibrium
- Postural control
- Athletic (ready) position
- Coordination
- Hand-eye coordination
- Foot-eye coordination
- Gross motor skills
- Fine motor skills
- Precision
- Speed
- Agility
- Acceleration

- Deceleration
- Lateral movement
- Fast twitch muscle fibers
- Shuttle run
- Power
- Muscular strength
- Plyometrics
- Maximal force
- Anaerobic power
- Aerobic power
- ATP-PC energy system
- Ballistics
- Reaction time
- Stimulus
- Response
- Simple reaction time
- Choice reaction time
- Anticipation
- Cue
- Attention focus
- Arousal level
- Response time

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Learning Outcome - What do students need to be able to **accomplish** by the unit’s end? *Culmination Assessments embedding skills and competencies*

Software/Resources:

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Pequea Valley School District
Wellness Education

Unit: MAINTENANCE

Course: Wellness for Athletes (virtual)

Grade: 9-12

Planning the Focus Based on the Desired Result

How to maintain athletic performance during the season and off-season

Unit Essential Question(s)

- How do we use mental, physical and emotional discipline to maintain athletic performance during the season and the off-season?

Keystone Eligible Content/PA Core Standard

Pacing: Approximate number of class sessions per unit

- 30 (6 weekly lessons)

Tier 3 Vocabulary (Content specific vocabulary)

- Nutrients
- Essential Nutrients
- Macronutrients
- Micronutrients
- Fats
- Carbohydrates
- Proteins
- Minerals
- Vitamins
- Water
- Dehydration
- Calorie
- ATP
- Muscle contraction
- Glucose
- Glycogen
- ATP-PC energy system
- Krebs cycle

- Anaerobic glycolysis/Glycolytic energy system
- Oxidative energy system
- Fast-twitch muscle fibers
- Slow-twitch muscle fibers
- Metabolism
- BMR (basal metabolic rate)
- Body Composition
- Body Fat Percentage
- Body Mass
- Lean Body Mass
- BMI (body mass index)
- Ideal Weight
- Appetite
- Electrolytes
- Dehydration/Rehydration
- Glycogen repletion
- Thermoregulation

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