

**Elizabethtown Area School District
Scope & Sequence - Quick Reference**



Department: Health and Physical Education

Course: Mind and Body Wellness

Grade Level(s): 10-12

Course Description: The M&B curriculum includes both a classroom and fitness-based component. During classroom sessions (typically Tuesdays and Thursdays), students will be introduced to, and actively engaged in the following health topics: mindfulness, nutrition, current events in health, and brain training (challenges to the 5 core cognitive abilities). The students will also read a selected novel related to the course curriculum, and frequently present mini speeches during classroom sessions. For the fitness-based component, students will be physically challenged to improve their overall wellness through a goal-setting process. On Mondays, the class will follow the Couch to 5K program with the goal of running 3 miles without stopping and continuously improving running time. It is expected that students will follow the program on their own as well, engaging in 2 extra runs during the week/weekend to be able to meet assessment criteria. On Wednesdays, the class will be introduced to various 30-50 minute workouts that will include: Tabata, core training, cardio circuits, yoga, pilates, strength training, total body workouts, and speed/power intervals. On Fridays, the class will engage in lifetime physical activities/sports with the expectation of being active for 40 continuous minutes.