

10th Grade Wellness – Physical Education Curriculum

Unit #	Name of Unit	# of Classes
1	Introduction to Wellness 2	1
2	Establishing a Positive Learning Environment	4
3	Cardio Respiratory Fitness	8
4	Fitness Based Games I	4
5	Net Games I	4
6	Developing Muscular Strength and Endurance	8
7	Fitness Based Games II	4
8	Flexibility: Stress Reduction and Injury Prevention	8
9	Net Games II	4

2015/2016 Wellness Curriculum Team Members:

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