

ACTIVITY IDEAS

PHYSICAL/EMOTIONAL FITNESS		Activities
Self Awareness		
<ul style="list-style-type: none"> Knows 5 senses (smell, taste, sight, hearing, touch) 		<i>Close eyes or blindfold – Taste, smell, feel items. Try to identify them, notice smells, sights on walk outside</i>
<ul style="list-style-type: none"> Maintains appropriate balance and coordination while standing, walking, and running 		
<ul style="list-style-type: none"> Maintains good posture 		
<ul style="list-style-type: none"> Demonstrates knowledge of body development and physical changes 		
<ul style="list-style-type: none"> Knows who to contact incase of emergency 		<i>Have student write down and keep in safe place, review periodically</i>
<ul style="list-style-type: none"> Knows height and weight 		
Health		
<ul style="list-style-type: none"> Aware of basic dietary health 		<i>Bring someone in to review with students</i>
<ul style="list-style-type: none"> Understands physical differences- male/female 		
<ul style="list-style-type: none"> Knowledge of reproductive cycle 		
<ul style="list-style-type: none"> Identifies common medical problems (cold, flu, cut, fever) 		
<ul style="list-style-type: none"> Knows purpose of Infirmary 		
<ul style="list-style-type: none"> Informs staff when ill or medical emergency 		
<ul style="list-style-type: none"> Understands how diseases are spread/prevented 		
<ul style="list-style-type: none"> Aware of dangers of drugs (legal/illegal drugs) 		
Nutrition		
<ul style="list-style-type: none"> Eats right amount of food 		
<ul style="list-style-type: none"> Distinguishes between nutritious and non-nutritious food 		<i>Cut pictures from magazines and make posters</i>
<ul style="list-style-type: none"> Reads food labels for nutritional value of ingredients (Seniors) 		
Safety		
<ul style="list-style-type: none"> Shows awareness of potential hazards of campus 		<i>Bring in police officer to do traffic practice</i>
<ul style="list-style-type: none"> Crosses street safety 		
<ul style="list-style-type: none"> Identifies people who can help in an emergency 		
<ul style="list-style-type: none"> Follows safety rules during fire drills 		
<ul style="list-style-type: none"> Is aware of self defense strategies 		<i>Physical and verbal self defense workshop</i>
Feelings/Emotions (Mental Health)		
<ul style="list-style-type: none"> Identifies feelings and emotions in self and others 		<i>Look through books and magazines – identify expressions. Ask students "What do you think happened? What do you think will happen?"</i>
<ul style="list-style-type: none"> Express emotions appropriately 		
<ul style="list-style-type: none"> Maintains self control when angry or hurt 		
<ul style="list-style-type: none"> Accepts responsibility for own actions 		
<ul style="list-style-type: none"> Exhibits understanding and respect for authority 		
<ul style="list-style-type: none"> Understands and respects individual/group property 		
<ul style="list-style-type: none"> Exhibits sensitivity for others 		
<ul style="list-style-type: none"> Responds appropriately when confronted/threatened 		