Physical Education for Progress

Program Meeting Agenda
High School Session

Thursday, January 8

8:30 – meet in Rolle Activity Center room 207 to get parking permits

9:00   – Using Heart Rate Monitors (lecture, activity)

10:15 – Teaching a Personal Fitness Course – components and models (lecture, discussion)

11:30 – lunch on your own

12:30 -  Teaching a Personal fitness Course, cont. – overview student text and resource materials

1:30 – Integrating Health and Personal Fitness – Curriculum Planning Session
   Scope & sequence
   Scheduling
   Goals & Objectives
   Teaching Methodologies
   Student Assessment
   Identifying “Challenges”

3:30 – Wrap -up