**Erin & Ailish**

**Lehigh Valley Summerbridge**

**Health and Fitness**

**7th & 8th Grade**

**Unit Title:**

Health & Fitness

**Unit/Project Summary (4-5 sentences):**

* Are you interested in developing a healthy lifestyle through exercise and proper nutrition? In this elective, you will be challenged to learn proper fitness techniques (that can be done at home) and how to eat a balanced diet. As a class, we will train to run a Summerbridge 5K together! \*\* Make a weekly plan they can carry out at home\*\*

**Objectives (7-10):**

* Students will be able to construct a health and fitness plan that will be implemented into their daily lives.
* Students will explore and implement at home fitness exercises.
* Students will analyze healthy food options on a budget.
* Students will develop personal goals and work toward those goals through this course.
* Students will monitor individual progress throughout this course.
* Students will document their progress toward their personal goals.
* Students will practice a healthy lifestyle both inside and outside of the classroom.

**Skills Covered:**

* Healthy eating
* Fitness exercises
* Goal setting
* Health and hygiene
* Progress tracking

**Potential Activities:**

* Running
* Exercises you can do at home
* Upper school gym
* Summerbridge race
* Food surveys

**Potential Deliverables:**

* Summerbridge race
* Progress charts

**Weekly Topic Order**

* Week 1
  + Personal goals, gather proper equipment, health and hygiene, creating progress charts, calendar
* Week 2
  + Nutrition - calories intake, my plate, water intake
  + Fitness - Stretching, warm up and cool down (the value), exercises
* Week 3
  + Nutrition - sleep habits, media before bed, food before bed, nighttime hygiene routines
  + Fitness - Exercises, small group running, track progress
* Week 4
  + Nutrition - fast food choices, what to look for (field trip)
  + Fitness - Exercising and running
* Week 5
  + Nutrition - fast food/ canned food choices
  + Fitness - Exercising and running
* Week 6
  + Nutrition - Hydration, high protein/pre-race diet/ how to implement into lifestyle
  + Fitness - Summerbridge Race!!