






## 2020 JUNGLE CATS WELLNESS PROGRESSION

MONTH	FITNESS ROOM	CLASSROOM
	<p><i>By the end of the month you will be able to:</i></p> <ul style="list-style-type: none"> <li>-participate in overall fitness testing to establish my personal fitness goals</li> <li>-develop a short-term goal to adopt in my personal habits</li> <li>-apply strategies to monitor progress toward my personal goal</li> <li>-participate in physical activities that address my personal fitness goals</li> </ul>  <ul style="list-style-type: none"> <li>-Fitness test results chart completed for #1</li> <li>-Set Fitness SMART Goal with goal(s) for quarter</li> <li>-Evidence Plan for Fitness Goal Work (Chart filling out every day you work on your goal)</li> <li>-Fitness Goal Tracker Review for <b>9/26</b> Due! ADJUST WHAT YOU NEED TO!!!! <i>(I'm trying to keep you on track with your fitness goal)</i></li> <li>-Essentials of working out...F.I.T.T.</li> <li>-Work out cards</li> <li>-Fitness Goal Tracker Review for <b>10/9</b> Due! ADJUST WHAT YOU NEED TO!!!</li> </ul>  <p><b>DATES TO BE READY FOR FITNESS:</b>  <b>9/9-13-Fitness Testing</b>  <b>9/22-26-Goal Check (including evidence)</b>  <b>10/7-10-NOTE Thursday DUE DATE</b>  <b>10/21-25- Last Goal Check Fitness and Reflection</b></p>	<p><i>By the end of the month you will be able to:</i></p> <ul style="list-style-type: none"> <li>-choose a health topic to research and to support it with findings</li> <li>-analyze ability of factors to enhance health</li> <li>-seek out all communications to ask for help to enhance the health of myself and others</li> </ul>   <p>A. BRAIN MAP of important topics in your life (think of the commitments you made last year)</p> <ol style="list-style-type: none"> <li>1. Identify one piece/area/topic in your life that is so important to you that you want to learn more about</li> <li>2. Answer the question: WHY is this so important to you?</li> </ol> <p>*B. <u>What do I know about my topic?</u></p> <p>*C. <u>What do I want to know?</u></p> <p>**These are used for your research and will be reviewed and added to A LOT!!!!</p> <p><u>IN YOUR NOTEBOOK:</u></p> <ul style="list-style-type: none"> <li>-RACES GRAPHIC ORGANIZER-It's the evidence that what you know about your topic is true</li> <li>-NEWSLETTER REPORTS...</li> </ul> <p><b>DATES TO BE READY FOR CLASSROOM:</b>  <b>9/3-7</b>  <b>9/16-20</b>  <b>9/30-10/4</b>  <b>10/15-18</b>  <b>10/28-Nov 1</b></p>

