

## Segment One Pace Chart Week

### Week 1

01.00 Play and Plan Pretest  
01.01 Importance of Physical Activity  
01.02 Safety  
01.03 Fitness Assessments

### Week 2

01.04 Goals  
01.05 Personal Wellness Planning  
01.06 Cardiorespiratory Fitness  
01.07 Training Principles  
01.08 Health-Related Fitness

### Week 3

01.09 Module One Wellness Plan  
01.10 Discussion-Based Assessment  
Segment One Collaboration Component  
02.00 Play With Focus Pretest  
02.01 Flexibility

### Week 4

02.02 Monitoring Activity  
02.03 Peer Influence  
02.04 Muscular Strength and Endurance  
02.05 Training Expectations and the Media  
02.06 Skill-Related Fitness

### Week 5

02.07 Good Eats  
02.08 Module Two Wellness Plan  
03.00 Play for Keeps Pretest  
03.01 Lifetime Fitness  
03.02 Avoi 03.03 Advertising

### Week 6

03.04 Happiness  
03.05 Module Three Wellness Plan  
03.06 Discussion-Based Assessment  
03.07 Segment One Exam

### Week 7

Floating Vacation Week

## Segment Two Pace Chart Week

Week 8

04.00 Play Smart Pretest  
04.01 Mental Fitness  
04.02 Healthy Relationships  
04.03 Surrounded  
04.04 Health and Technology

Week 9

04.05 Personal Menu  
04.06 Module Four Wellness Plan  
04.07 Discussion-Based Assessment  
Segment Two Collaboration Component

Week 10

05.00 Play it Safe Pretest  
05.01 Drugs and Alcohol: Risks and Effects  
05.02 Cost of Drugs  
05.03 Alcohol

Week 11

05.04 Tobacco  
05.05 Drugs  
05.06 Getting Help  
05.07 Module Five Wellness Plan  
06.00 Play for Life Pretest

Week 12

06.01 The Weight Epidemic  
06.02 Body Composition  
06.03 Heal Floating Vacation Week  
06.04 First Aid and CPR

Week 13

06.05 Own Your Health  
06.06 Module Six Wellness Plan  
06.07 Discussion-Based Assessment  
06.08 Segment Two Exam

Week 14

Floating Vacation Week