

Segment One Pace Chart

Week 1	
	01.00 Play and Plan Pretest
	01.01 Importance of Physical Activity
Week 2	
	01.02 Safety
	01.03 Fitness Assessments
Week 3	
	01.04 Goals
	01.05 Personal Wellness Planning
Week 4	
	01.06 Cardiorespiratory Fitness
	01.07 Training Principles
	01.08 Health-Related Fitness
Week 5	
	01.09 Module One Wellness Plan
	01.10 Discussion-Based Assessment
	Segment One Collaboration Component
Week 6	
	02.00 Play With Focus Pretest
	02.01 Flexibility
Week 7	
	02.02 Monitoring Activity
	02.03 Peer Influence
	02.04 Muscular Strength and Endurance
Week 8	
	02.05 Training Expectations and the Media
	02.06 Skill-Related Fitness
	02.07 Good Eats
Week 9	
	02.08 Module Two Wellness Plan
	03.00 Play for Keeps Pretest
Week 10	
	03.01 Lifetime Fitness
	03.02 Avoidance
	03.03 Advertising
Week 11	
	03.04 Happiness
	03.05 Module Three Wellness Plan
Week 12	
	03.06 Discussion-Based Assessment
	03.07 Segment One Exam
Week 13	
	Floating Vacation Week
Week 14	
	Floating Vacation Week

Segment Two Pace Chart

Week 1	
	04.00 Play Smart Pretest
	04.01 Mental Fitness
Week 2	
	04.02 Healthy Relationships
	04.03 Surrounded
	04.04 Health and Technology
Week 3	
	04.05 Personal Menu
Week 4	
	04.06 Module Four Wellness Plan
	04.07 Discussion-Based Assessment
Week 5	
	Segment Two Collaboration Component
	05.00 Play it Safe Pretest
Week 6	
	05.01 Drugs and Alcohol: Risks and Effects
	05.02 Cost of Drugs
Week 7	
	05.03 Alcohol
	05.04 Tobacco
	05.05 Drugs
Week 8	
	05.06 Getting Help
	05.07 Module Five Wellness Plan
Week 9	
	06.00 Play for Life Pretest
	06.01 The Weight Epidemic
	06.02 Body Composition
Week 10	
	06.03 Healthy Development and Disease
	06.04 First Aid and CPR
Week 11	
	06.05 Own Your Health
	06.06 Module Six Wellness Plan
Week 12	
	06.07 Discussion-Based Assessment
	06.08 Segment Two Exam
Week 12	
	03.06 Discussion-Based Assessment
	03.07 Segment One Exam
Week 13	
	Floating Vacation Week
Week 14	
	Floating Vacation Week