Homeschool Healthy U Syllabus

Fall 2017

# Instructor Information

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| Instructor |  | Class Location & Hours |
| **Gym Instructor: Tonia LaPlante**  **Pool Instructors: YMCA staff** |  | Benton Harbor-St. Joseph YMCA  Tuesdays 1:00pm-2:45pm |

# General Information

Healthy U class includes both pool and gym time. The healthy U gym sessions will teach children about physical activity; what it is, how much to do, different types of activity. They will be introduced to different games and activities that involve moderate to vigorous activity. The gym session will also include lessons about nutrition; how to make healthy choices, what foods are good for you (the go, slow and whoa foods), how many fruits and vegetables you should eat, how to choose healthy snacks and beverages. They Healthy U pool session will include water safety and swim instructions for all levels of swimmers. Both sessions will incorporate the YMCA core values of honesty, respect, responsibility and caring.

Expectations and Goals: (circle one): Pass/Fail or Grade Given

It is expected that the student will be present for at least 80% of the scheduled classes, show up on time with a positive attitude, participate in all actives, wear proper clothing/gym shoes and respect the instructors.

# Course Materials

* Gym clothing and shoes
* Swim suit and towel (goggles optional)

# Course Schedule

| Week | Gym | |  | Pool |
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| 1 | Ice Breaker Games, physical assessments and survey about physical activity and nutrition  First journal entry | |  | Swimming skill evaluation |
| 2-3 | 10 minute run, gym games and nutrition talk  \*At home challenges will sent home throughout the semester | |  | Swimming skills, pool games and free play |
| 4 | 10 minute run, gym games and nutrition talk  Journal entry #2  \*At home challenges will sent home throughout the semester | |  | Swimming skills, pool games and free play |
| 5-7 | 10 minute run, gym games and nutrition talk  \*At home challenges will sent home throughout the semester | |  | Swimming skills, pool games and free play |
| 8 | 10 minute run, gym games and Swimming skills, pool games and  nutrition talk free play  Journal entry #3  \*At home challenges will sent  home throughout the semester | | | |
| 9-11 | 10 minute run, gym games and nutrition talk  \*At home challenges will sent home throughout the semester | |  | Swimming skills, pool games and free play |
| 12 | 10 minute run, gym games and nutrition talk  Journal entry #4  \*At home challenges will sent home throughout the semester | |  | Swimming skills, pool games and free play |
| 13-15 | 10 minute run, gym games and nutrition talk  \*At home challenges will sent home throughout the semester | |  | Swimming skills, pool games and free play |
| 16 | 10 minute run, gym games and nutrition talk  Journal entry #5  \*At home challenges will sent home throughout the semester | |  | Swimming skills, pool games and free play |
| 17 | Go, Slow, Whoa Party (students bring in food) and surveys about physical activity and nutrition | |  | Swimming skills, pool games and free play |
| 18 | Physical activity extravaganza! | |  | Parents swim with the students |
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# End of Semester: Finished Work

* Evidence of Learning (circle one): post-test score improvement, fine arts recital, work of art/art show, class/parent/public performance, achievement of a higher level or rank, product creation, scrapbook/journal, written examination or report.