

Course: Physical Education/Weights and Conditioning

Grade Level: 10th-12th

Month	Topic	Assessments and Activities	Curriculum Standards
<b>September</b>	Physical Fitness Testing  Bench, Squat, Deadlift, Dip Pretesting  General instruction on lifts	<p><b>Activities:</b> Push Up and Plank test, 800m</p> <p><b>Formative:</b> Best Effort on Fitness Tests</p> <p><b>Summative:</b> Fitnessgram Standards for age and gender</p> <p>“How strong are you” Goal Setting sheet.</p> <p>“Dip Standards” Goal Setting sheet.</p> <p>Introduction to study guides: Google Classroom Weights and conditioning FITT-ness guide</p> <ul style="list-style-type: none"> <li>● <b>Formative:</b> Class discussions and participation (pair share)</li> <li>● Readings, answering questions, and defining key terms</li> <li>● Periodization guides</li> <li>● Exercise programs</li> <li>● Reflections on programs (jot thoughts)</li> <li>● <b>Summative:</b> Distinguish the differences and benefits between exercise components, learn about the different aspects of each component, develop, follow, and adjust an exercise routine.</li> </ul> <p>Proper techniques for lifting/spotting Muscle information:</p> <ul style="list-style-type: none"> <li>● Poke-a-muscle Review game</li> </ul> <p>Warm up/cool down</p>	<p><b>Fitness:</b></p> <p><b>Participate regularly in physical activity</b></p> <ul style="list-style-type: none"> <li>● Participate daily in strength-training activities in physical education class</li> <li>● Discuss the benefits of a physically active lifestyle as it relates to high school, college, or career productivity</li> <li>● Identify local for-profit and nonprofit facilities where weight training is available</li> </ul> <p><b>Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical fitness</b></p> <ul style="list-style-type: none"> <li>● Investigate the relationships among physical activity, nutrition, and body composition</li> <li>● Participate in the components of the state, or district, criterion-referenced, health related fitness assessment, with teacher supervision and guidance</li> <li>● Evaluate current fitness scores with state, or district, health-related fitness assessment instrument</li> <li>● Design, implement, and monitor a program of improvement or maintenance, based on the results of state, or district, health-related fitness assessment</li> <li>● Discuss the importance of good nutrition to a strength-training program</li> </ul>
<b>February</b>			

<b>October</b>  <b>March</b>	Endurance Phase (21's)	<p><b>Workout Journal:</b> Endurance Phase. Endurance Lifts Weight Chart</p> <p><b>Formative:</b> Best Effort on Fitness Tests</p> <p><b>Formative:</b> Best Effort on Maxes</p> <p><b>Summative:</b> Max out percentages.</p>	<p><b>Motor skills, Movement Patterns, and Techniques:</b></p> <p><b>Demonstrate competency in motor skills and movement patterns needed to perform a variety of activities</b></p> <ul style="list-style-type: none"> <li>• Explain the importance of performing large muscle group exercises prior to smaller isolated- muscle group movements</li> <li>• Demonstrate the proper use of resistance machines and free weights</li> <li>• Demonstrate proper technique in executing various upper- and lower- body lifts</li> <li>• Perform the proper warm-up and cool-down exercises as part of an overall strength-training program</li> <li>• Demonstrate the proper spotting techniques for various lifts</li> </ul>
<b>November</b>  <b>April</b>	Hypertrophy Phase (10's)	<p><b>Workout Journal:</b> Hypertrophy Phase. Hypertrophy Lifts Weight Chart</p> <p><b>Formative:</b> Best Effort on Fitness Tests</p> <p><b>Formative:</b> Best Effort on Maxes</p> <p><b>Summative:</b> Max out percentages.</p>	<p><b>Movement Concepts, Principles, and History:</b></p> <p><b>Demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities</b></p> <ul style="list-style-type: none"> <li>• Identify all of the free-weight and resistance machines available in the school weight-training facilities</li> <li>• Compare and contrast methods used in strength training and endurance training</li> <li>• Identify the major muscle groups of the body</li> <li>• Identify weight loads, number of sets, and repetitions in various weight-training programs</li> <li>• Identify the types of exercises to be performed in order to enhance the development of various muscle groups</li> <li>• Describe the importance of determining the amount of rest needed between sets and training workout routines in order to maximize training</li> </ul>

			<ul style="list-style-type: none"> <li>● Define overtraining and the effects on a workout or series of workouts</li> <li>● Describe the importance of the "warm-up" and "cool-down" phases of the training program in order to prepare the body for stress and recovery</li> <li>● Identify exercises using the push-pull method</li> <li>● Identify exercises that can be performed with free weights</li> <li>● Identify exercises that can be used on weight machines</li> <li>● Describe elements of proper form for all exercises</li> </ul>
<b>December</b>	Strength Phase (5's)	<p><b>Workout Journal:</b> StrengthPhase. Strength Lifts Weight Chart</p> <p><b>Formative:</b> Best Effort on Fitness Tests</p> <p><b>Formative:</b> Best Effort on Maxes</p> <p><b>Summative:</b> Max out percentages.</p>	<p><b>Personal and Social Behavior:</b></p> <p><b>Exhibit responsible personal and social behavior that respects self and others in physical-activity settings</b></p> <ul style="list-style-type: none"> <li>● Employ self-management skills to analyze potential barriers to physical activity</li> <li>● Accept differences between personal characteristics and individual performance levels</li> <li>● Exhibit proper etiquette, respect for others, and teamwork while engaging in physical activity</li> <li>● Apply practices (e.g., injury prevention, hydration, use of equipment, implementation of rules, sun protection) for participating safely in physical activity</li> <li>● Evaluate the validity of claims made by commercial products and programs</li> <li>● Analyze and apply technology for supporting an active lifestyle</li> </ul>
<b>May</b>			

<p><b>January</b></p>          <p><b>June</b></p>	<p>Power Phase (4,3,2's)</p>	<p><b>Workout Journal:</b> Power Phase. Power Lifts Weight Chart</p> <p><b>Formative:</b> Best Effort on Fitness Tests</p> <p><b>Formative:</b> Best Effort on Maxes</p> <p><b>Summative:</b> Max out percentages.</p> <p><b>Personal Workout:</b></p> <ul style="list-style-type: none"><li>• Research, develop, and follow an exercise routine that incorporates all the components of exercise.</li><li>• Researching, developing, and implementing an exercise program..</li><li>• Students need to research, develop, follow, and adjust an exercise program that incorporates all the components of exercise (flexibility, strength, and cardiovascular fitness), follow it for 1 week, reflect on it as well as make any changes that may be necessary.</li><li>• Graded on thoroughness of the program as well as the reflection piece.</li></ul> <p><b>Final Exam</b></p>	<p><b>Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction</b></p> <ul style="list-style-type: none"><li>• Explain the personal value derived from weight training</li><li>• Analyze the health benefits of strength training</li><li>• Evaluate the opportunity for social interaction in physical-activity settings</li></ul>
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