North Polk Community Schools Pacing & Course Description Guide

Grade Level: 9-12	Content: Athletic Enhancement	Year: 2022-2023

Course Description/Rationale

This is a daily course set up to provide progressive and structured lessons for students seeking high intensity training. Through this training, we will improve our student-athletes' mental and physical ability to compete in our high school athletic programs. Students will follow a set program that is designed to help them improve their functional strength, speed, quickness, agility and explosiveness, mobility and flexibility, confidence and trust, and the ability to limit injuries. Students will be given a pre-assessment and post-assessment on a variety of functional strength and fitness activities. This class will meet the requirements of the athletic program to train in and out of season. If you are not an athlete this course may not be for you.

Name of Unit	Time Frame	Essential Learning Target	Standard(s)
Cycle 1	8 Weeks	Applies rates of perceived exertion and pacing. (S3.H3.L2) Demonstrate appropriate technique in resistance-training machines and free weights. (S3.H7.L1) Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. (S4.H1.L1) Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1) Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. (S5.H2.L2)	Standard 3, 4, 5
Cycle 2	8-10 Weeks	Applies rates of perceived exertion and pacing. (S3.H3.L2) Demonstrate appropriate technique in resistance-training machines and free weights. (S3.H7.L1) Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. (S4.H1.L1) Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1) Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. (S5.H2.L2) Identifies types of strength exercises (isometric, eccentric) and stretching exercises (static, dynamic) for personal fitness development (e.g., strength, endurance, range of motion).	Standard 3, 4, 5

		(S3.H9.L1)	
Cycle 3	4-10 Weeks	Applies rates of perceived exertion and pacing. (S3.H3.L2) Demonstrate appropriate technique in resistance-training machines and free weights. (S3.H7.L1) Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. (S4.H1.L1) Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1) Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. (S5.H2.L2) Identifies types of strength exercises (isometric, eccentric) and stretching exercises (static, dynamic) for personal fitness development (e.g., strength, endurance, range of motion). (S3.H9.L1)	Standard 3, 4, 5