Moon Area School District Curriculum Map

Course: Athletic Conditioning
Grade Level: 10 - 12
Content Area: Physical Education
Frequency: Semester Course

Primary Resource(s) & Technology:
Microsoft Teams, Promethean Boards, Student Laptops/iPads/iphones, Fieldhouse Weight Room/Equipment

Pennsylvania Standards referenced at:
www.pdesas.org
www.education.pa.gov

Content	Content Outcomes	Standards
Cardiovascular Endurance	- Learn Resting Heart Rate, Maximum HR, Target HR - Develop training plan necessary higher blood volume ratio to O2 - Access the importance of high intensity activity in improving cardiovascular endurance - Determine how differences in size and strength effect efficiency in training	10.3 D 10.4 A,B,C,D,F 10.5 D, E
Aerobic Endurance	- Compare aerobic exercises and anaerobic exercises - Learn how to interval train using aerobic exercises - Measure target HR while exercising	10.3 D 10.4 A,B,C,D,F 10.5 D, E
Training Process	- Learn what the FITT Principle is and how it is applied to exercise - Discuss the overload principle - List various exercises for a proper warm up and cool down	10.3 D 10.4 A,B,C,D,F 10.5 D, E
Exercise Principles	- Complete comprehensive safety protocol task and evaluation - List various sport specific training exercises - Design personal workout using the FITT Principle	10.3 D 10.4 A,B,C,D,F 10.5 D, E
Muscular Strength and Endurance	- Perform maximal force exercises to test muscular strength - Discuss how the FITT principle can improve muscular strength - List specific exercises that improve muscular strength - Describe how repetition and the principle of progression impacts muscular strength	10.3 D 10.4 A, B, C, D,F 10.5 A, D, E

	- Describe the muscles ability to perform without fatigue - Identify the impact of FITT principle on improving muscular endurance - List exercises to improve muscular endurance	
Psychomotor Development/ Coordination	- Evaluate personal exercise program looking at the exercise principles and skill related components - Examine body movements related to scientific and biomechanical principles - Examine the relationship between coordination and efficiency of movement - Create workout incorporating exercises to improve coordination - Describe how developing skill related fitness components will improve coordination and enhanced performance ion sports	10.5.12C 10.5.12E 10.3D 10.4A,B,C,D,E,F 10.5A,B,C,D,E,F
Flexibility /Body Composition	- Examine how flexibility impacts proficiency in non-locomotor, locomotor and manipulative movement - List specific exercises to increase flexibility - Describe impact of flexibility as part of the warm up and cool down - Identify specific exercises that will improve body composition - Compose exercise plan to focus on muscular strength, muscular endurance and cardiovascular endurance that will improve body composition	10.3D 10.4A,B,C,D 10.5A,D,E 10.3D 10.4A,B,C,D 10.5D
Agility/Balance	- Research drills to improve agility - Discuss relationship between skill related fitness in relation to agility and enhanced performance in sports - Discuss exercises the require static and dynamic balance - Evaluate efficiency of movement and how it is impacted by dynamic balance	10.3D 10.4A,B,C,D,E,F 10.5A,B,C,D,E,F
Speed / Power	- Examine the anaerobic effect on the body during sprinting and weight lifting activities - List exercises that will improve speed - Create specific workouts to improve speed - Discuss the exercises that will improve power - Demonstrate how and external force can cause a change in motion - Design an exercise program to improve power	10.3D 10.4A,B,C,D,E,F 10.5A,B,C,D,E,F