

Time Frame	Learning Objectives	Materials
Day - 1	Introduction to class	PE Department Handout
Day - 2 & 3	Introduction to fitness; importance of fitness; Fighting Sedentary lifestyles	PE Advocacy powerpoint, articles on the rising obesity rates - Health and Economic factors that are influenced by this decline in healthy living
Day 4 & 5	Introduction to Fitness concepts; components of fitness; Introduction to Strength training (benefits; fundamentals; Safety; Types of programs, & choosing a program	Handouts (Testing your Strength Level; Strength Training Basics; Strength Training Guidelines; EPEC Strength Training module)
Week - 2	Fitness Testing	Fitness testing handout; EPEC & Presidential fitness standards
Weeks 3	Intro to muscles of the body: developing individual lifting programs; filling out lifting sheets	Handouts on schoology (Testing your Strength Level; Strength Training Basics; Strength Training Guidelines; EPEC Strength Training module)
Week 4 - 9	Daily work out assignments are taylored to individual students needs and goals. Also implement Nutrition handouts workout technique videos, fitness physiology information, content all on schoology.	Lift sheets; Nutritional guideline handouts
Week 10	Fitness Testing	Fitness testing handout; EPEC & Presidential fitness standards

Weeks 11-17	Daily work out assignments are taylorred to individual students needs and goals. Also implement Nutrition handouts workout technique videos, fitness physiology information, content all on schoology.	Lift sheets; Nutritional guideline handouts
Week 18	Fitness Testing; Final written assessment	Fitness testing handout; EPEC & Presidential fitness standards

*** Observation and daily grading will be based on 10 pts per day~~ 5 points dress and participation~ 5 points Attitude and ef

Assessments
Observation; Daily Grading
Strength & Conditioning Introductory work sheet; Observation; Daily grading
Strength & Conditioning Introductory work sheet; Observation; Daily grading
Daily grading and observation
EPEC muscle worksheet; lift sheet; Observation Daily grading
Observation; Daily Grading; lift sheets; Summary papers
Daily grading and observation

**Observation; Daily
Grading; lift sheets:
Summary papers.**

**Daily grading and
observation**

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