

2023 ~ 2024
Physical Education ~ Semester-at-a-Glance
High School Weight Training (All Levels)

Standard	August/January	September/February	October/March	November/April	December/May
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Movement Competency & Understanding	<p><u>Learning Games for Understanding: Target, Territorial & Invasion, Net & Wall, Striking & Fielding</u> <i>Skill Competency to Participate in a Variety of Lifetime Games & Sports, Skill Related Components (Speed, Power, Balance, Reaction Time, Agility, Coordination), Role of Practice on Skill Acquisition, Health Benefits, Game Tactics, Rules, Safety, Vocabulary, Equipment</i></p> <p>Once Weekly or Approximately 20% of Instructional Time</p>				
	<p><u>Core & Circuit Weight Lifting</u> <i>Training Principles of Specificity, Progression, Overload, Reversibility, Tedium, F.I.T.T. Formula, Program Monitoring/Modifying/Recording & Evaluating, Journaling, Sets/Reps, Lifting Technique (Form), Muscle Activation (Agonist/Antagonist), Warm-Up, Cool Down, Motivation</i></p> <p>Approximately 80% of Instructional Time</p>				
Physical & Personal Wellness	<p><u>Setting Goals for Health & Fitness</u> <i>FitnessGram Pre-Test Assessments, Goal Setting, Healthy Fit Zone (HFZ), Biometrics, Max Lifts</i></p> <p>(4 - 6 Lessons)</p>	<p><u>Functional Anatomy & Physiology</u> <i>Skeletal/Muscular Structure & Function, Terminology, Identification, Aerobic/Anaerobic Conditioning</i></p> <p>(6 - 8 Lessons)</p>	<p><u>Muscle Fitness</u> <i>Muscle Type (fast & slow), Differences Between Strength, Power & Endurance, Sculpting, Mass, Concentric, Eccentric</i></p> <p>(2 - 4 Lessons)</p>	<p><u>Evaluating Goals for Health & Fitness</u> <i>FitnessGram Post-Test Assessments, Goal Evaluation & Reflection</i></p> <p>(4 - 6 Lessons)</p>	
	<p><u>Personal Fitness Planning</u> <i>PA Preferences, Program Design, Principles of Fitness Training, S.P.O.R.T., F.I.T.T., Goal Setting</i></p> <p>(4 - 6 Lessons)</p>	<p><u>Sports Nutrition</u> <i>Healthy Diet, Energy, Nutrients, Supplements, Hydration, Calories, Weight Management, Meal Planning, Diet Log</i></p> <p>(2 - 4 Lessons)</p>	<p><u>Aerobic Training</u> <i>Training/Resting & Recovery HR, Body's Response, F.I.T.T., Pacing, Building Cardiovascular Endurance</i></p> <p>(2 - 4 Lessons)</p>	<p><u>Flexibility Training</u> <i>Role of Flexibility to Prevent Injury & Enhance Performance, Types of Stretching, Improving Flexibility, Safe Stretching</i></p> <p>(2 - 4 Lessons)</p>	
Emotional & Social Wellness	<p><u>Pro-Social & Personal Responsibility</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate <i>Respect for Self & Others, Acceptance & Empathy, Conflict Management & Active Listening, Self-Management, Self-Directedness, Decision Making, Independent & Group Success Behaviors</i></p>				<p><u>Stress Mgmt.</u> <i>Types of Stress, Coping Strategies</i></p> <p>2 Lessons</p>
	<p><u>Cooperation, Collaboration & Leadership</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate <i>Group Success (Teamwork), Concepts of Competition & Cooperation, Leadership Styles (Examples), Leadership Skills, Sportsmanship, Respect for Self & Others</i></p>				
Prevention & Risk Management	<u>Rules, Behaviors & Expectations</u>	<p><u>Injury Prevention & Management & Treatment</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate <i>Injury Prevention, Causation & Treatment, Identification/Types, Overtraining, Treatment, RICE, Basic First Aid, Emergency Response, Proper Warm-up & Cool Down Procedures to Prevent Injury & Enhance Performance</i></p>			
		<p><u>Introduction to Weight Room: Safety & Etiquette</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate <i>Weight Room Layout, Lift Stations, Machine & Free Weights, Adjusting Weight & Collars, Hygiene (wiping down equipment), Spotting, Horseplay, Distractions/Attention to Surroundings, Lifting Technique/Principles</i></p>			