

Athletic Conditioning Grades 10-12	
Big Idea Participation in Physical Activity impacts wellness throughout a lifetime	
Essential Question	Standards
<p>Why do people choose the physical activities they participate in over a lifetime?</p> <p>How can participation in physical activity enhance MY life?</p> <p>How can you enhance the quality of movement for lifelong participation in physical activity?</p> <p>What knowledge is necessary to create a personal fitness program?</p> <p>How do scientific principles, biomechanical principles and practice strategies influence movement forms?</p> <p>What knowledge is needed to select an appropriate response in a variety of physical activities?</p>	<p>10.4.12</p> <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. • social • physiological • psychological</p> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge • physical benefits • finances • motivation • access to activity • self-improvement</p> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.5.12</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>D. Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>E. Evaluate movement forms for appropriate application of scientific and biomechanical principles. • efficiency of movement • mechanical advantage • kinetic energy • potential energy • inertia • safety</p> <p>F. Analyze the application of game strategies for different categories of physical activities. • individual • team • lifetime • outdoor</p>

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Concepts	Competencies	Resources	Assessments
<p>. Determining an appropriate physical activity plan will support life-long personal health and fitness goals.</p>	<p>Evaluate personal preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.</p> <p>Analyze skill-related fitness components, movement concepts and game strategies to promote participation in lifelong physical activities.</p> <p>Create a personal fitness program based on personal data, exercise and training principles and fitness components.</p>	<p>Weight Room: <i>Free Weights, Kettlebells, Medicine Balls, Plyo Boxes</i></p> <p>Cardio Center (future): <i>Treadmills, Elliptical, Spin Bikes, Row Machines, Recumbent Bikes</i></p> <p>Athletic Fields Track</p> <p>Computer Lab: Word/Excel iPads: Pages/Numbers</p> <p>Practice participating in a variety of programs: <i>Endurance Strength Combination Burn outs Drop Sets Super Sets Cross-fit Max Interval HIIT Plyometric Circuit Training Dot Drill Anaerobic Training</i></p>	<p>Pre-Fitness Testing: (Bench Press, Push Press, Dead-lift, Squats, Dips, Mile Run, and Sit-ups)</p> <p>Design Personal Fitness Plan Goals:(rubric)</p> <p>Weekly Participation in variety of exercise programs: (<i>Endurance, Strength, Combination, Burnouts, Supersets, Drop Sets, Cross-fit, Max Interval Training, Plyometrics, Circuit Training, Cardio-Sport, Dot Drill, Distance Running, HIIT</i>) Training logs.</p> <p>Design Personal Fitness Plan: (rubric)</p> <p>Post Fitness Testing: (rubric based on baseline testing)</p>
<p>. Regular physical activity impacts an individual physiologically, socially, and psychologically throughout a lifetime.</p>	<p>Analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.</p>	<p>Heart rate Monitoring</p> <p>Perceived Exertion</p> <p>Workout partner interaction</p> <p>Team Oriented Activities</p>	<p>Calculating Maximum Heart Rate Worksheet</p> <p>Calculating Resting Heart Rate Worksheet</p> <p>Calculating Target Heart Rate (Lower and Upper) Worksheet</p> <p>Applying Karvonen Method Worksheet</p>

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<p>Adult group interactions that occur in physical activities provide an opportunity to develop the skills necessary to be productive and contributing members of society.</p>	<p>Analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.</p>	<p>Team Oriented Activities Tire Lifts Indian Runs Motivational Lifting Spotter</p>	<p>Personal Self Reflection (Affective Domain)</p>
<p>Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.</p>	<p>Analyze skill-related fitness components, movement concepts and game strategies to promote participation in lifelong physical activities.</p> <p>Create a personal fitness program based on personal data, exercise and training principles and fitness components.</p> <p>Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.</p>	<p>Health related components of fitness: Cardiovascular Endurance Muscular Endurance Muscular Strength Body Composition Flexibility</p> <p>Skill Related Components: Speed Balance Coordination Reaction Time Agility Power</p> <p>Exercise Training Principles: FITT Principle Overload Progression Specificity Individual Differences Overtraining Detraining</p> <p>Anatomical Terminology: Muscle Man Worksheet</p> <p>Fitness Center Apps</p> <p>Weight Room Cardio Center</p> <p>Track</p>	<p>Muscle Worksheet</p> <p>General Fitness Knowledge Quiz</p> <p>Applying Fitness Knowledge Quiz</p> <p>Weekly Training Logs</p> <p>Using Appropriate Terminology in class</p>

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		<p>Athletic Fields</p> <p>Training Logs</p> <p>Goal Setting Sheets</p>	
<p>Vocabulary: Cardiovascular endurance, muscular endurance, muscular strength, flexibility, body composition, speed, agility, power, coordination, reaction time, balance, frequency, intensity, time, type, perceived exertion, talk test, dynamic warm-up, cooldown, progression, overload, specificity, overtraining, detraining, individual differences, target heart rate zone, Karvonen Method, flexion, extension, contraction, adduction, abduction, burnouts, drop sets, supersets, max interval training, cross-fit, plyo-metrics, circuit training</p>			

<p>Athletic Conditioning Grades 10-12</p>	
<p>Big Idea: Quality life-long movement is based on scientific principles and concepts</p>	
<p>Essential Question?:</p> <p>How do scientific principles, biomechanical principles and practice strategies influence movement forms?</p> <p>What knowledge is needed to select an appropriate response in a variety of physical activities?</p>	<p>Standards 10.4.12 A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. • social • physiological • psychological A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation. D. Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use. E. Evaluate movement forms for appropriate application of scientific and biomechanical principles. • efficiency of movement • mechanical advantage • kinetic energy • potential energy • inertia • safety</p>

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Concepts	Competencies	Resources	Assessments
A personal fitness program incorporates exercise and training principles.	Create a personal fitness program based on personal data, exercise and training principles and fitness components.	Baseline Fitness Testing Goal Setting	Developing a personal Fitness Plan including: (rubric) Dynamic Warm Up Activity Static Stretching Cool Down Anaerobic Training Circuit Training Aerobic Training
Proper application of scientific and biomechanical principles enhances quality of movement.	Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.	Practice appropriate biomechanical techniques during lifts Full range of motion 90 degree rule	Biomechanical Checklist Partner Assessment Checklist
Vocabulary SMART Goals, biomechanics			

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Big Idea Safety impacts individual and community well being			
Essential Question What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?		Standards 10.3.12 B. Analyze and apply strategies for the management of injuries. D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.	
Concepts	Competencies	Resources	Assessments
Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected, life-long physical activities.	Assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being.	Fitness Center Rules Proper Spotting Techniques Proper Lifting Techniques Proper operation of fitness equipment	Fitness Safety Unit Quiz Fitness Room Guide Mapping Summarize how to operate fitness equipment Identify rules and regulations used in the fitness center Practice proper spotting and lifting techniques during exercises
Vocabulary: spotting			