

Mt. Zion High School

Power Training Curriculum Guide

Date/Semester	IL Learning Standards	Unit/Content/Skills	Assessment and/or Products
Fall August & continuing throughout the year	19.A.3 19.B.3 19.A.4 20.A.3a 20.B.3a 20.B.3b 20.A.5 20.B.5a 20.C.5a	Safety and Spotting Techniques Speed and Agility Skills Skills include: Various Skips double and single-leg jumps Come to balance drills Mobility Sprinting	1RM Bench Press 1RM Squat 1RM Deadlift 1RM Military Press
August/September	21.A.3a 21.A.3b 21.A.3c 21.B.3 21.A.4b 21.A.5 21.B.5	Safety and Spotting Techniques Introduce Core Lifts -Back Squat -Bench Press -Deadlift -Military Press	Pre-Test -1RM Back Squat -1RM Bench Press -1RM Military Press -1RM Deadlift
September/October	19.C.5b 19.B.5 19.A.5 21.A.3a 21.A.3c 21.B.3 21.A.5 21.B.5	Introduce Assistance Lifts -Upper Body Pulls (Pull-ups, Chin-ups, DB Rows, Inverted Rows) -Upper Body Push (Push-ups, Dips, DB Incline/Flat Bench, Close-Grip Bench) -Lower Body Squat Patterns (Lunge, 1-leg squat, split-squat) -Lower Body Posterior Chain (Glute-Ham Raise, Back Extension, Romanian Deadlift)	Quarterly Max Assessment -1RM Back Squat -1RM Bench Press -1RM Military Press -1RM Deadlift

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November/December	19.C.5b 19.B.5 19.A.5 21.A.3a 21.A.3c 21.B.3 21.A.5 21.B.5	Continue to Implement Various Loading Protocols and movement patterns -Uni-lateral exercises for both upper and lower body to close bilateral deficiency gap	Quarterly Max Assessment -1RM Back Squat -1RM Bench Press -1RM Military Press -1RM Deadlift Fitness Testing -PACER -Push-Ups -Back saver Sit and Reach -Curl-ups
January/February	19.A.5 19.B.5 19.C.5b 21.A.3a 21.A.3b 21.A.3c 21.B.3 21.B.5	Introduce Power Complexes -plyometric paired with core lifts	
March/April	19.C.5b 19.B.5 21.A.3a 21.A.3b 21.A.3c 21.B.3 21.B.5	Introduce Advanced Power Complexes -weighted and bodyweight plyometrics paired with core lifts	Quarterly Max Assessment -1RM Back Squat -1RM Bench Press -1RM Military Press -1RM Deadlift

May	19.C.5b 19.B.5 21.A.3a 21.A.3b 21.A.3c 21.B.3 21.B.5	Continue to implement advanced loading protocols	Quarterly Max Assessment -1RM Back Squat -1RM Bench Press -1RM Military Press -1RM Deadlift Fitness Testing -PACER -Push-Ups -Back saver Sit and Reach -Curl-ups
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