

Physical Conditioning
Grades 9-12

P.C. will provide the student with an opportunity to work at his or her own level on total body development through the use of fixed and free weights on a daily basis. Each day students will try and do calisthenics and stretching exercises, run stairs or distance work or sprints outside, and complete their exercise/weight training program, alternating upper body and lower body workouts daily. Students are to complete three sets of four exercises daily. Also, alternative exercises are provided for those who finish early.

Semester Course

3 Weeks

- Intro to lifting technique
- Spotting
- Muscle Diagram
- Equipment usage
- Body weight lifts

3 Weeks

- Lifting for Muscular Endurance
- Cardiovascular activities
- No Weight lifts
- Flexibility

3 Weeks

- Lifting for Muscular Strength
- Plyometrics
- Sprints/Quickness exercises

3 Weeks

- Lifting for core strength
- Aerobics
- Anaerobic lifting

6 Weeks

- Create your workout
- Two 3 week plans
- Goal writing

Length of Unit	Unit Title	Content Standard	Student Outcomes	Assessment
3 Weeks	Intro to Lifting	A.3.PA.1 A.4.HR.2	Students will:	Fitness testing
3 Weeks	Muscular Endurance	A.4.HR.3 A.4.HR.4 A.4.HR.5	-learn the basic lifting techniques/form	300 test
3 Weeks	Muscular Strength	A.4.HR.6 A.4.HR.7 A.4.HR.8	-learn the location of the major muscle groups	Mile Run
3 Weeks	Core Lifting	A.4.AN.1 A.4.AN.4	-learn to create a workout without weights	Lifting Competition
3 Weeks	Personal Workout Plans	K.2.FB.1 K.2.PA.1 K.2.HR.2 K.2.HR.3 K.2.HR.4 K.2.HR.5 K.2.HR.6 K.2.HR.7 K.2.HR.8 K.2.AN.1 K.2.AN.2 K.2.RP.2 K.2.ID.1 B.5.FB.1. B.6.RP.2 B.6.ID.1	-learn the importance of flexibility -learn how to create and evaluate personal workout plans -gain the importance of goal setting -learn the difference between lifting for endurance and strength	Creation of workout plan Muscle Exam Lift Exam