

AREA Strength Training

Grade	Skills	Knowledge	Physical Activity	Fitness	Responsible Behavior	Intrinsic Value
K	<ul style="list-style-type: none"> <li>• Weight bearing movements</li> <li>• Playground equipment skills</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding of each exercise and the name</li> <li>• Body awareness for performance of weight bearing movements</li> </ul>	<ul style="list-style-type: none"> <li>• Start and stop</li> <li>• Scooter activity</li> <li>• Parachute</li> <li>• Circuit training</li> <li>• OB course</li> <li>• Fitness challenges</li> <li>• Arm circles</li> <li>• Handtaps</li> <li>• Wall walkers</li> <li>• Animal walks</li> <li>• Exercise tag</li> <li>• Airplanes</li> </ul>	<ul style="list-style-type: none"> <li>• Strength</li> </ul>	<ul style="list-style-type: none"> <li>• Safe behavior</li> <li>• Exercise in own space</li> <li>• Respect peers</li> <li>• Respect rules</li> <li>• Cooperation</li> <li>• Follow directions</li> <li>• On task</li> <li>• Self control</li> <li>• Do personal best</li> </ul>	<ul style="list-style-type: none"> <li>• Lifetime enjoyment</li> <li>• Personal success</li> </ul>
1	<ul style="list-style-type: none"> <li>• Playground equipment skills</li> <li>• Weight bearing movements</li> <li>• Proper form all exercises – push ups, sit ups, arm support, snowball, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding of each exercise and the name</li> <li>• Recognize different muscle parts</li> </ul>	<ul style="list-style-type: none"> <li>• Start and stop</li> <li>• Scooter activity</li> <li>• Parachute</li> <li>• Circuit training</li> <li>• OB course</li> <li>• Fitness challenges</li> <li>• Arm circles</li> <li>• Push/pull on blocks</li> <li>• Scooters</li> </ul>	<ul style="list-style-type: none"> <li>• Strength</li> </ul>	<ul style="list-style-type: none"> <li>• Safe behavior</li> <li>• Exercise in own space</li> <li>• Respect peers</li> <li>• Respect rules</li> <li>• Cooperation</li> <li>• Do personal best</li> <li>• Follow directions</li> <li>• On task</li> <li>• Self control</li> </ul>	<ul style="list-style-type: none"> <li>• Lifetime enjoyment</li> <li>• Personal success</li> </ul>
2	<ul style="list-style-type: none"> <li>• Proper form all exercises – push ups, sit ups, arm support, etc.</li> <li>• Weight bearing movements</li> <li>• Playground equipment skills</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding of each exercise and the name</li> <li>• Recognize different muscles</li> </ul>	<ul style="list-style-type: none"> <li>• Start and stop</li> <li>• Tug-O-War</li> <li>• Parachute</li> <li>• Circuit training</li> <li>• OB course</li> <li>• Fitness challenges</li> </ul>	<ul style="list-style-type: none"> <li>• Strength</li> <li>• Flexibility</li> </ul>	<ul style="list-style-type: none"> <li>• Safe behavior</li> <li>• Exercise in own space</li> <li>• Respect peers</li> <li>• Respect rules</li> <li>• Cooperation</li> <li>• Do personal best</li> <li>• Follow directions</li> <li>• On task</li> <li>• Honestly reports work</li> </ul>	<ul style="list-style-type: none"> <li>• Lifetime enjoyment</li> <li>• Celebrate personal success</li> <li>• Use activities in home environment and playground</li> </ul>

3	<ul style="list-style-type: none"> <li>• Proper form – push ups, sit ups, wall sit, front arm support, etc.</li> <li>• Weight bearing movements</li> <li>• Playground equipment skills</li> <li>• Introduce fitness testing items</li> </ul>	<ul style="list-style-type: none"> <li>• Understand each exercise</li> <li>• Recognize different muscles</li> </ul>	<ul style="list-style-type: none"> <li>• Plyometrics</li> <li>• Circuit training</li> <li>• Challenges</li> <li>• Tug-O-War</li> <li>• Fitness stations</li> <li>• Tumbling</li> </ul>	<ul style="list-style-type: none"> <li>• Strength</li> <li>• Flexibility</li> </ul>	<ul style="list-style-type: none"> <li>• Safe behavior</li> <li>• Exercise in own space</li> <li>• Respect peers</li> <li>• Respect rules</li> <li>• Cooperation</li> <li>• Do personal best</li> <li>• Follow directions</li> <li>• On task</li> <li>• Honestly reports work</li> </ul>	<ul style="list-style-type: none"> <li>• Celebrate personal success</li> <li>• Lifetime enjoyment</li> <li>• Use activities in home environment and playground</li> </ul>
4	<ul style="list-style-type: none"> <li>• Proper form – push ups, sit ups, wall sit, front arm support</li> <li>• Proper technique for fitness testing items</li> </ul>	<ul style="list-style-type: none"> <li>• Understand each exercises</li> <li>• Understand and explain the benefits of strength development</li> <li>• Demonstrate appropriate form</li> <li>• Understand importance of technique</li> <li>• Recognizes that multiple repetitions of a skill improves muscular endurance</li> </ul>	<ul style="list-style-type: none"> <li>• Plyometrics</li> <li>• Circuit training</li> <li>• Tug-O-War</li> <li>• Fitness stations</li> <li>• Tumbling</li> <li>• Calisthenics</li> <li>• Obstacle courses</li> </ul>	<ul style="list-style-type: none"> <li>• Muscle endurance</li> <li>• Strength</li> <li>• Flexibility</li> <li>• Cardio</li> </ul>	<ul style="list-style-type: none"> <li>• Safe movement</li> <li>• Correct movement</li> <li>• Understanding personal limits</li> <li>• Respect for unique characteristics and abilities of peers</li> </ul>	<ul style="list-style-type: none"> <li>• Personal rewards of fitness improvement</li> <li>• Relates strength to tasks of daily living (rake, vacuum)</li> </ul>
5	<ul style="list-style-type: none"> <li>• Proper form – push ups, sit ups, wall sit, front arm support</li> <li>• Proper technique for fitness testing items</li> </ul>	<ul style="list-style-type: none"> <li>• Know how to improve strength</li> <li>• Monitoring muscle fatigue</li> <li>• Recognize activities that address particular muscle group</li> </ul>	<ul style="list-style-type: none"> <li>• Plyometrics</li> <li>• Circuit training</li> <li>• Tug-O-War</li> <li>• Fitness stations</li> <li>• Tumbling</li> <li>• Calisthenics</li> <li>• Obstacle courses</li> </ul>	<ul style="list-style-type: none"> <li>• Benefits of exercise</li> <li>• Muscle endurance</li> <li>• Strength</li> <li>• Flexibility</li> <li>• Cardio</li> </ul>	<ul style="list-style-type: none"> <li>• Safe movement</li> <li>• Correct movement</li> <li>• Understanding personal limits</li> <li>• Respect for unique characteristics and abilities of peers</li> </ul>	<ul style="list-style-type: none"> <li>• Personal rewards of fitness improvement</li> <li>• Relates strength to tasks of daily living (rake, vacuum)</li> </ul>

6	<ul style="list-style-type: none"> <li>• Proper form – push ups, sit ups, wall sit, front arm support</li> <li>• Proper technique for fitness testing items</li> </ul>	<ul style="list-style-type: none"> <li>• Understand each exercises</li> <li>• Understand and explain the benefits of strength development</li> <li>• Demonstrate appropriate form</li> <li>• Understand importance of technique</li> <li>• Recognizes that multiple repetitions of a skill improves muscular endurance</li> <li>• Know how to improve strength</li> <li>• Monitoring muscle fatigue</li> <li>• Recognize activities that address particular muscle group</li> </ul>	<ul style="list-style-type: none"> <li>• Plyometrics</li> <li>• Circuit training</li> <li>• Traditional exercises</li> <li>• Tug-O-War</li> <li>• Fitness stations</li> <li>• Tumbling</li> <li>• Calisthenics</li> <li>• Obstacle courses</li> </ul>	<ul style="list-style-type: none"> <li>• Benefits of exercise</li> <li>• Muscle endurance</li> <li>• Strength</li> <li>• Flexibility</li> <li>• Cardio</li> </ul>	<ul style="list-style-type: none"> <li>• Safe movement</li> <li>• Correct movement</li> <li>• Understanding personal limits</li> <li>• Respect for unique characteristics and abilities of peers</li> </ul>	<ul style="list-style-type: none"> <li>• Personal rewards of fitness improvement</li> <li>• Relates strength to tasks of daily living (rake, vacuum)</li> </ul>
7	<ul style="list-style-type: none"> <li>• Identify muscles and exercises</li> <li>• Utilized proper lifting techniques</li> <li>• Proper safety and spotting</li> </ul>	<ul style="list-style-type: none"> <li>• Body awareness</li> <li>• Rules and terms</li> <li>• Vocabulary</li> <li>• Learn to document and record</li> <li>• Identify proper terms related to weight training</li> <li>• Identify muscles and exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Cardio routine</li> <li>• Circuit training stations</li> <li>• Exercise bike</li> <li>• Universal gym</li> <li>• Climbing wall</li> <li>• Weight room</li> </ul>	<ul style="list-style-type: none"> <li>• Muscular endurance</li> <li>• Muscular strength</li> <li>• Flexibility</li> <li>• Cardio endurance</li> </ul>	<ul style="list-style-type: none"> <li>• Safety</li> <li>• Proper techniques</li> <li>• Individual success</li> <li>• Understanding personal limits</li> <li>• Respect for unique characteristics and abilities of peers</li> </ul>	<ul style="list-style-type: none"> <li>• Personal growth</li> <li>• Have fun</li> <li>• Individual success</li> <li>• Use of knowledge techniques outside of school</li> </ul>
8	<ul style="list-style-type: none"> <li>• Proper safety and spotting</li> <li>• Etiquette</li> <li>• Proper lifting techniques</li> <li>• Lifting throughout range of motion</li> </ul>	<ul style="list-style-type: none"> <li>• Learn to document and record</li> <li>• Know proper terms related to weight training</li> <li>• Etiquette</li> <li>• Identify the proper muscle groups and lifts that work those groups</li> </ul>	<ul style="list-style-type: none"> <li>• Cardio routine</li> <li>• Circuit training stations</li> <li>• Exercise bike</li> <li>• Universal gym</li> <li>• Climbing wall</li> <li>• Documentation and recording of activity</li> </ul>	<ul style="list-style-type: none"> <li>• Muscular endurance</li> <li>• Muscular strength</li> <li>• Flexibility</li> <li>• Cardio endurance</li> </ul>	<ul style="list-style-type: none"> <li>• Safety</li> <li>• Proper techniques</li> <li>• Individual success</li> <li>• Respect for unique characteristics and abilities of peers</li> <li>• Understanding personal limits</li> </ul>	<ul style="list-style-type: none"> <li>• Personal growth</li> <li>• Have fun</li> <li>• Individual success</li> <li>• Self esteem and satisfaction with personal improvement</li> </ul>

9	<ul style="list-style-type: none"> <li>• Proper safety and spotting</li> <li>• Etiquette</li> <li>• Proper lifting techniques</li> <li>• Lifting throughout range of motion</li> </ul>	<ul style="list-style-type: none"> <li>• Body awareness</li> <li>• Document and record your workouts</li> <li>• Identify the proper muscle groups</li> </ul>	<ul style="list-style-type: none"> <li>• Perform five lifts each day at a minimum of three sets per lift</li> </ul>	<ul style="list-style-type: none"> <li>• Cardiovascular, anaerobic, or aerobic</li> </ul>	<ul style="list-style-type: none"> <li>• Safety</li> <li>• Proper techniques</li> <li>• Maintaining proper etiquette</li> <li>• Understanding personal limits</li> </ul>	<ul style="list-style-type: none"> <li>• Personal growth</li> <li>• Have fun</li> <li>• Use of knowledge techniques outside of school</li> <li>• Self esteem and satisfaction with personal improvement</li> </ul>
10-12 Level 2 Strength & Conditioning	<ul style="list-style-type: none"> <li>• Proper safety (spotting)</li> <li>• Proper technique</li> <li>• Etiquette</li> <li>• Plyometric techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Maintaining written journal</li> <li>• Self-evaluation</li> <li>• Journal reviews</li> <li>• Personal goal setting</li> <li>• Etiquette</li> <li>• Knowledge of muscle groups and what lift works what muscles</li> </ul>	<ul style="list-style-type: none"> <li>• Pre-test fitness</li> <li>• Post-test fitness</li> <li>• Daily lift requirement</li> <li>• Workout Wednesday – plyometric circuit</li> <li>• Maintaining written journal</li> <li>• Self-evaluation</li> <li>• Journal reviews</li> <li>• Yoga</li> <li>• Pilates</li> </ul>	<ul style="list-style-type: none"> <li>• Cardiovascular, aerobic, anaerobic, flexibility, muscular endurance, strength</li> <li>• Relationship between physical activity and stress management</li> </ul>	<ul style="list-style-type: none"> <li>• Personal growth, confidence, enjoyment</li> <li>• Work cooperatively</li> <li>• Responsible behavior</li> </ul>	<ul style="list-style-type: none"> <li>• Self esteem in having a fit appearance</li> <li>• Use of knowledge and techniques outside of school</li> <li>• Self rewards</li> </ul>
10-12 Level 1 Advance Weight Training	<ul style="list-style-type: none"> <li>• Proper safety (spotting)</li> <li>• Proper technique</li> <li>• Etiquette</li> <li>• Plyometric techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Maintaining written journal</li> <li>• Self-evaluation</li> <li>• Journal reviews</li> <li>• Personal goal setting</li> <li>• Performance enhancing drug</li> <li>• Peer teaching</li> <li>• My pyramid project</li> <li>• Etiquette</li> <li>• Knowledge of muscle groups and what lift works what muscles</li> </ul>	<ul style="list-style-type: none"> <li>• Pre-test fitness</li> <li>• Post-test fitness</li> <li>• Daily lift requirement</li> <li>• Workout Wednesday – plyometric circuit</li> <li>• Research paper</li> <li>• Yoga</li> <li>• Pilates</li> <li>• Step aerobics</li> <li>• Kick box</li> <li>• Peer teaching</li> <li>• My pyramid project</li> </ul>	<ul style="list-style-type: none"> <li>• Cardiovascular, aerobic, anaerobic</li> </ul>	<ul style="list-style-type: none"> <li>• Personal growth, confidence, enjoyment</li> </ul>	<ul style="list-style-type: none"> <li>• Self esteem in having a fit appearance</li> <li>• Use of knowledge and techniques outside of school</li> <li>• Self rewards</li> </ul>

<p>10-12 Level 2 Varsity Weight Training</p>	<ul style="list-style-type: none"> <li>• Proper safety (spotting)</li> <li>• Proper technique</li> <li>• Etiquette</li> <li>• Plyometric techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Maintaining written journal</li> <li>• Self-evaluation</li> <li>• Body awareness</li> <li>• Goal setting</li> <li>• MSHSL policies</li> <li>• Develop criteria for lettering</li> <li>• Etiquette</li> </ul>	<ul style="list-style-type: none"> <li>• Pre-test fitness</li> <li>• Post-test fitness</li> <li>• Daily lift requirement</li> <li>• Workout Wednesday – plyometric circuit</li> <li>• Maintaining written journal</li> <li>• Self-evaluation</li> <li>• Yoga</li> <li>• Pilates</li> <li>• Step aerobics</li> <li>• Kick box</li> </ul>	<ul style="list-style-type: none"> <li>• Cardiovascular, aerobic, anaerobic</li> </ul>	<ul style="list-style-type: none"> <li>• Personal growth, confidence, enjoyment</li> </ul>	<ul style="list-style-type: none"> <li>• Self esteem in having a fit appearance</li> <li>• Use of knowledge and techniques outside of school</li> <li>• Self rewards</li> </ul>
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