

Strength and Conditioning Curriculum Map

- A.4.AN.4** Analyze and evaluate the physiological indicators associated with moderate to vigorous physical activity to monitor and/or adjust participation/effort (e.g., palpating pulse, using pedometers, and/or heart rate monitors to train in target heart rate zones).
- A.4.HR.2** Meet the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test, Hand-cycle Test).
- A.4.HR.3** Meet the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed Arm Hang).
- A.4.HR.4** Meet the criterion-referenced flexibility health related fitness standards for age and gender (e.g., Back saver Sit and Reach, Shoulder Stretch).
- A.4.HR.6** Develop and implement a plan for improving or maintaining health-related fitness.
- A.4.HR.7** Self-assess and evaluate health-related fitness for muscular strength and endurance, flexibility, and body composition.
- A.4.HR.8** Apply the principles of training (frequency, intensity, type, time, overload, specificity).
- K.2.HR.2** Evaluate cardiorespiratory fitness level using the criterion-referenced cardiorespiratory health-related fitness standards for age and gender (e.g., PACER, Step Test, One-Mile Run, Walk Test, Hand-cycle Test).
- K.2.AN.2** Analyze and evaluate the physiological indicators associated with moderate to vigorous physical activity to monitor and/or adjust participation/ effort (e.g., palpating pulse, using pedometers, and/or heart rate monitors to train in target heart rate zones).
- K.2.HR.3** Evaluate muscular strength and endurance fitness levels using the criterion-referenced muscular strength and endurance health related fitness standards for age and gender (e.g., Curl-up, Push-up, Pull-up, Modified Pull-up, Flexed Arm Hang).
- M.1.IG.1** Demonstrate all elements of tactical problems, including off-the-ball movements (e.g., maintaining possession, attacking goal, creating space, using space in attack), preventing scoring (e.g., defending space, defending goal), and starting/restarting play during modified invasion games (e.g., 5 vs. 5, 6 vs. 6, or 11 vs. 11).
- M.1.IG.2** Demonstrate all elements of tactical problems, including on-the-ball movements of scoring (e.g., passing, receiving, shooting, attacking the goal, creating, and using space), preventing scoring (e.g., defending space, defending goal, winning the object), and starting/restarting game play (e.g., to initiate play or from sideline) during modified invasion games (e.g., 5 vs. 5, 6 vs. 6, or 11 vs. 11).

Duration	Unit Name/Content	Standards	Assessments	Literacy Activities	Skills
38 days	Aerobics/Conditioning <ul style="list-style-type: none"> ● Motor Skills ● Movement Patterns ● Content Knowledge ● Fitness and Physical Activity 	A.4.HR.2 A.4.AN.4 K.2.HR.2 K.2.AN.2	<ul style="list-style-type: none"> ● PACER Test Pre/post ● Lactic Acid Test pre/post ● Heart rate checks ● Log Heart Rates ● Written pre/post tests ● Dot Drills pre/post 	<ul style="list-style-type: none"> ● Vocabulary ● Close Reading ● Written Exercise program 	<ul style="list-style-type: none"> ● Sustaining 75% of target heart rate. ● Measuring personal heart rate checks. ● Perform a four element movement sequence.

	<ul style="list-style-type: none"> • Performing 20, 25, 30, and 35 minute workouts. • Monitoring and recording heart rates • Performing rhythms and sequences • Aerobic workouts with weights • Maintaining at least 75% of maximum heart rate. • Circuit Training • Plyo-metrics • Dot drills 		<ul style="list-style-type: none"> • Skill assessments that are observed during the aerobic activity. 	<ul style="list-style-type: none"> • Analyze exercises and personal exercise program. 	<ul style="list-style-type: none"> • Demonstrate 2 rhythms, simultaneous, in two different parts of the body. • Understand how to identify the frequency, intensity, type, time, overload, specificity. • Apply the principles of training. • Meet the cardio-respiratory fitness standards for age and gender. • Apply the physiological indicators associated with moderate to vigorous physical activity to monitor and/or adjust participation. • Evaluate cardio-respiratory fitness level. • Analyze and evaluate the physiological indicators associated with moderate to vigorous physical activity to monitor and/or adjust participation/ effort (e.g., palpating pulse, using pedometers, and/or heart rate monitors to train in target heart rate zones).
All	<p>Flexibility</p> <ul style="list-style-type: none"> • Leading calisthenics • Developing greater flexibility. 	A.4.HR.4	<ul style="list-style-type: none"> • Skill assessments that are observed during the unit activities. 		<ul style="list-style-type: none"> • Meet the criterion-referenced flexibility health related fitness standards.
38 days	Weight Training	A.4.HR.3 A.4.HR.6	<ul style="list-style-type: none"> • Skill assessments that are observed during the unit activities. 	<ul style="list-style-type: none"> • Close read • Vocabulary 	<ul style="list-style-type: none"> • Meet the criterion-referenced muscular strength and

	<ul style="list-style-type: none"> ● Developing muscular strength and endurance. ● Understanding the use of the equipment. ● Developing a personal weight lifting regimen. ● Weight lifting circuits. ● Monitoring progress. ● Assisting other lifters. ● Weight room safety. ● Lifting form 	<p>A.4.HR.7 A.4.HR.8 K.2.HR.3</p>	<ul style="list-style-type: none"> ● Progress recorded ● Written personal workout plan ● Safety test ● Bench Press pre/post ● The Matrix pre/post ● Lifting form 	<ul style="list-style-type: none"> ● Written workout plan 	<p>endurance health-related fitness standards.</p> <ul style="list-style-type: none"> ● Self-assess and evaluate health-related fitness for muscular strength and endurance, flexibility, and body composition. ● Apply the principles of training (frequency, intensity, type, time, overload, specificity). ● Evaluate muscular strength and endurance fitness levels using the criterion-referenced muscular strength and endurance health related fitness standards for age and gender (e.g., Curl-up, Push-up, ● Meet the criterion-referenced muscular strength and endurance health-related fitness standards for age and gender. ● Develop and implement a plan for improving or maintaining health-related fitness. ● Evaluate muscular strength and endurance fitness levels. ●
14 days	<p>Fitness Games <u>Invasion Games</u></p> <ul style="list-style-type: none"> ● Basketball ● European Handball ● Ultimate Frisbee ● Sharks and Minnows 	<p>M.1.IG.1 M.1.IG.2</p>	<ul style="list-style-type: none"> ● Skill assessments that are observed during the activity. ● Heart rate checks. 	Close Read	<ul style="list-style-type: none"> ● Students will learn how to keep their heart rate at a minimum of 65% of their maximum heart rate. ● Demonstrate all elements of tactical problems, including

	<ul style="list-style-type: none">• Board Ball				<p>off-the-ball movements, preventing scoring and starting/restarting play during modified invasion games.</p> <ul style="list-style-type: none">• Demonstrate all elements of tactical problems, including on-the-ball movements of scoring, preventing scoring, and starting/restarting game play during modified invasion games.
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