

WGSD Curriculum  
Physical Education

**Course: Strength and Conditioning**  
**Grade Level: 10-12**  
**LG 1 Sportsmanship**

**High Priority Standards**

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity.

**Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

<b>Learning Goal</b>	<b>Proficiency Scale</b>
Students will understand the personal and social responsibility of sportsmanship.	Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal.  Level 3: Student demonstrates mastery with the learning goal as evidenced by: <ul style="list-style-type: none"><li>• Exhibiting leadership with members of a class while performing strength training exercises.</li><li>• Applying mastery and progression as it relates to performing strength training exercises.</li></ul> Level 2: Student demonstrates he/she is nearing proficiency by: <ul style="list-style-type: none"><li>• Recognizing and recalling specific vocabulary, such as: fitness, weight control and heart rate, lunges, flexibility, overload, cardiovascular exercise, sportsmanship, peer teaching, team leadership, competition, social behavior.</li><li>• Performing processes such as:</li></ul>

WGSD Curriculum  
Physical Education

- Following direction in a safe manner when it comes to using strength training equipment.

Level 1: Student demonstrates a limited understanding or skill with the learning goal.

**Learning Targets**

Students Know How To:

- Cooperate with each other and encourage positive attitudes in the weight room.
- Apply peer teaching techniques to assist other students at different skill levels.
- Comprehend a variety of strength training programs to use as lifetime fitness activities.
- Explain the importance regular physical activity in relation to personal health.

WGSD Curriculum  
Physical Education

**Strength and Conditioning**  
**Grades 10-12**  
**LG 2 Daily Exercise**

**High Priority Standards**

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

<b>Learning Goal</b>	<b>Proficiency Scale</b>
Students will understand the benefits of daily exercise.	Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal.  Level 3: Student demonstrates mastery with the learning goal as evidenced by: <ul style="list-style-type: none"><li>• Developing an individual workout to best suit his/her needs.</li></ul> Level 2: Student demonstrates he/she is nearing proficiency by: <ul style="list-style-type: none"><li>• Recognizing and recalling specific vocabulary, such as: set, repetition, load, resistance, power clean, squat and specificity.</li><li>• Performing processes such as:<ul style="list-style-type: none"><li>○ Identifying exercises and routines that contribute to overall health.</li></ul></li></ul> Level 1: Student demonstrates a limited understanding or skill with the learning goal.

WGSD Curriculum  
Physical Education

**Learning Targets**

Students Know How To:

- Lead others in the class to perform to the best of their ability.
- Progress in a positive manner as it pertains to the workload given them by their instructor.

WGSD Curriculum  
Physical Education

**Strength and Conditioning**

**Grades 10-12**

**LG 3 Muscle groups**

**High Priority Standards**

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to performance and movement.

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Learning Goal**

Students will understand the function and characteristics of major muscle groups.

**Proficiency Scale**

Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal.

Level 3: Student demonstrates mastery with the learning goal as evidenced by:

- Applying knowledge of muscle groups and muscle functions to exercise and daily functions.

Level 2: Student demonstrates he/she is nearing proficiency by:

- Recognizing and recalling specific vocabulary, such as: quadriceps, hamstrings, pectorals, biceps and triceps.
- Performing processes such as:
  - Identifying the major muscle groups.
  - Performing strength training exercises.

Level 1: Student demonstrates a limited understanding or skill with the learning goal.

WGSD Curriculum  
Physical Education

**Learning Targets**

Students Know How To:

- Perform strength training exercises to develop and improve the major muscle groups.
- Lead and teach other students in the class how to develop the major muscle groups.
- Explain the importance of developing the major muscle groups.