

# Strength Through Fitness\*

Physical Education

Grade(s) 9th - 12th, .5 Credits

## Course Overview

This is an introductory course in basic weight training, knowledge and techniques. Students will train on various weight training machines and use free weights to enhance levels of strength and endurance. Students will create individual fitness plans and be instructed on the benefits of weight training, nutrition, and cardiovascular conditioning. The pool activities include water aerobics, fitness circuits and aerobic swimming.

Timeframe	Unit	Scope And Sequence Instructional Topics
Ongoing	Joint Flexibility	1. Dynamic Stretching
Ongoing	Muscle Awareness	1. Muscle Instruction 2. Weight Training-Lower Body 3. Weight Training-Upper Body 4. Weight Training-Core Muscle Group
Ongoing	Cardiovascular Training	1. Cardiovascular Training Instruction
Ongoing	Speed and Agility	
Ongoing	Nutrition	
Ongoing	Swim	1. Basic Water Safety 2. Stroke Refinement 3. Fitness 4. Water Games

## Materials and Resources

Footwear and swimsuit for vigorous physical activity and water activities.

-White, Gray, or Blue plain t-shirt.

-Blue, Gray, or Black Plain athletic shorts.

-Dedicated athletic shoes. Running or Cross Training shoes preferred.

## Prerequisites

Essentials of Physical Activity 9 or instructor consent.

## Course Details

### Unit: Joint Flexibility

Duration: Ongoing

#### Essential Questions

Can students identify value of joint flexibility?

Can students demonstrate proper flexibility training?

### Topic: Dynamic Stretching

Duration: Ongoing

#### Description

We will learn a variety of dynamic stretches to incorporate into a proper warm-up routine.

#### Learning Targets

Skill- students will be able to perform the basic dynamic stretches

Arm circles forward- backwards

Quadriceps- Lunges forward, backwards + sideways

Hamstrings- Walking- keeping legs straight- hold your hands straight out in front of body- kick your hands with feet.

Hamstrings- Walking- while keeping legs straight- Reach down and touch your feet.

Carioca- Swivel hips- non dominant legs overs in front of body and then goes behind body.

"A" Skip- Skip forward

"B" Skip- While skipping forward snap foot to the ground

"C" Skip- bring the knee up then kick knee out to the side- stretching the groin.

High Knees-

Butt Kicks

Striders

### Unit: Muscle Awareness

Duration: Ongoing

#### Essential Questions

Can students identify prime muscle movers?

Can students identify exercises that train prime muscle movers?

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## Topic: Muscle Instruction

Duration: 1 Week(s)

### Description

Define position and function of all major muscles.

### Learning Targets

Students will be able identify and train the Core Muscle Groups.

Knowing and training the muscles associated with the body's core.

- Upper abdominal muscle group
- Lower abdominal muscle group
- Oblique muscle group

Students will be able identify and train the Lower Body Muscle Groups.

Knowing and training the muscles associated with the Lower Body.

- Quadriceps muscle group
- Hamstring muscle group
- Gastrocnemius muscle group

Students will be able identify and train the Upper Body Muscle Groups.

Knowing and training the muscles associated with the upper body.

- Chest muscle group
- Shoulder muscle group
- Arms muscle group
- Back muscle group

## Topic: Weight Training-Lower Body

Duration: Ongoing

### Description

Students will be able to perform correctly muscle specific weight training.

### Learning Targets

Student will be able to perform Gastrocnemius Exercises.

Student will be able to perform Quadriceps Exercises.

Student will be able to perform the Hamstring Exercises.

## Topic: Weight Training-Upper Body

Duration: Ongoing

### Description

Students will be able to perform correctly muscle specific weight training.

### Learning Targets

Student will be able to perform the Chest Pressing Movements.

Student will be able to perform the Overhead Pressing Movements.

Student will be able to perform the Upper Body Pulling Movements.

## Topic: Weight Training-Core Muscle Group

Duration: Ongoing

### Learning Targets

Student will perform a variety of Oblique Abdominal Movements

Students will be able to perform a variety of Upper Abdominals Movements

Students will be able to perform a variety of Lower Abdominal Movements

## Unit: Cardiovascular Training

Duration: Ongoing

### Essential Questions

Can students identify value cardiovascular fitness?

Can students determine effective training to enhance cardiovascular fitness?

## Topic: Cardiovascular Training Instruction

Duration: 1 Day(s)

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## Description

Students will be able to calculate Target Heart Rate Zone for their age.

## Learning Targets

Find their maximum sustainable heart rate and calculate their target heart rate training zone. (60%-80%)

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## Unit: Speed and Agility

Duration: Ongoing

### Essential Questions

Can students identify value of speed and agility training?

Can students identify sport specific speed and agility movements?

Topic:

Duration:

## Unit: Nutrition

Duration: Ongoing

### Essential Questions

The students will be able to identify proper nutrition to maintain a healthy lifestyle.

The students will be able to identify proper nutrition to enhance workouts/activities/training etc.

### Materials and Resources

Computer lab

Topic:

Duration:

## Unit: Swim

Duration: Ongoing

### Essential Questions

How can you use swimming to stay in shape?

What fitness activities in the water help improve cardiovascular fitness, muscle strength and muscle endurance?

What activities can you do as rehabilitation for injuries?

### Materials and Resources

Aqua joggers, noodles, kickboards, pull bouys, hand webs. stationary water resistance bands, aqua hand weights,

Topic: Basic Water Safety

Duration: Ongoing

### Description

These are basic skills necessary to help a person be safe in and around water.

### Learning Targets

The students will be able to be safe and keep others safe around water.

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Topic: Stroke Refinement

Duration: Ongoing

### Description

Students will know and understand how to efficiently swim the cardiovascular strokes: front crawl, backstroke and breast stroke and the resting strokes: sidestroke & elementary backstroke.

### Learning Targets

Students will be able to safely swim in the water.

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Topic: Fitness

Duration: Ongoing

### Description

Students will be exposed to a variety of fitness activities from which they choose to participate for their lifetime: Aqua aerobics, Aqua joggers, Fitness circuit, Aerobic swim.

### Learning Targets

Students will be able to use swimming as a fitness activity.

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Students will be exposed to a variety of fitness activities from which they choose to participate for their lifetime: Aqua aerobics, Aqua joggers, Fitness circuit, Aerobic swim.

The assessment will be 3 intervals of 6 minute swimming with a 1 minute rest between the intervals. It should be evaluated based on continuous effort that the fitness strokes are the primary strokes being used. They should minimize the use of elementary backstroke and sidestroke and should not be resting during the interval part of the swim assessment. Modification should be made for a beginner swimmer to assist them in successfully performing this assessment

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**Topic:** Water Games

**Duration:** Ongoing

## Description

Students will be exposed to variety of water games from which they can choose to do throughout their life. Games will include: Water polo, Water basketball, Low organized games.

## Learning Targets

Students will learn recreational activities that are lifelong.

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