

WARREN COUNTY SCHOOL DISTRICT

PLANNED INSTRUCTION

COURSE DESCRIPTION

Course Title: Strength & Weight Training

Course Number: 00629

Course Prerequisites: None

Course Description: The Strength & Weight Training class is designed to meet the needs of students who desire a physical education program in a less competitive environment. The students will participate in individualized activities designed to develop overall strength. This course will also expose students to the possibility of muscle development and improved body composition. Students will receive knowledge in proper lifting technique and flexibility exercises. The students will leave this class with a lifelong skill to benefit a healthy lifestyle.

Suggested Grade Level: Grades 9-12

Length of Course: One Semester

Units of Credit: .5

PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certifications:

CSPG 47

To find the CSPG information, go to [CSPG](#)

Certification verified by the WCSD Human Resources Department: ☒ Yes ☐ No

WCSD STUDENT DATA SYSTEM INFORMATION

Course Level: Academic

Mark Types: Check all that apply.

☒ F – Final Average ☒ MP – Marking Period ☐ EXM – Final Exam

GPA Type: ☐ GPAEL-GPA Elementary ☐ GPAML-GPA for Middle Level ☒ NHS-National Honor Society

☒ UGPA-Non-Weighted Grade Point Average ☒ GPA-Weighted Grade Point Average

State Course Code: 08049

To find the State Course Code, go to [State Course Code](#), download the Excel file for SCED, click on SCED 6.0 tab, and choose the correct code that corresponds with the course.

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TEXTBOOKS AND SUPPLEMENTAL MATERIALS

Board Approved Textbooks, Software, and Materials:

Title: NA
Publisher: NA
ISBN #: NA
Copyright Date: NA
WCSD Board Approval Date: NA

Supplemental Materials: NA

Curriculum Document

WCSD Board Approval:

Date Finalized: 3/21/2024
Date Approved: 6/10/2024
Implementation Year: 2024/2025

SPECIAL EDUCATION, 504, and GIFTED REQUIREMENTS

The teacher shall make appropriate modifications to instruction and assessment based on a student's Individual Education Plan (IEP), Chapter 15 Section 504 Plan (504), and/or Gifted Individual Education Plan (GIEP).

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SCOPE AND SEQUENCE OF CONTENT AND CONCEPTS

Marking Period 1

Weightlifting Programs
Plyometric Exercises
Medicine Ball Workouts
Kettle Bell Activities
Resistance Band Exercises
Cardiovascular Activities

Marking Period 2

Weightlifting Programs
Plyometric Exercises
Medicine Ball Workouts
Kettle Bell Activities
Resistance Band Exercises
Cardiovascular Activities

Marking Period 3

Weightlifting Programs
Plyometric Exercises
Medicine Ball Workouts
Kettle Bell Activities
Resistance Band Exercises
Cardiovascular Activities

Marking Period 4

Weightlifting Programs
Plyometric Exercises
Medicine Ball Workouts
Kettle Bell Activities
Resistance Band Exercises
Cardiovascular Activities

WARREN COUNTY SCHOOL DISTRICT**PLANNED INSTRUCTION****Standards/Eligible Content and Skills**

| Performance Indicator | PA Core Standard and/or Eligible Content | Marking Period Taught |
|--|---|------------------------------|
| Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. | 10.3.12.D | All |
| Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. | 10.4.12.A | All |
| Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. | 10.4.12.B | All |
| Evaluate factors that affect physical activity and exercise preferences of adults. | 10.4.12.D | All |
| Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. | 10.4.12.E | All |
| Assess and use strategies for enhancing adult group interaction in physical activities. | 10.4.12.F | All |
| Apply knowledge of movement skills, skill-related fitness, and movement concepts to identify and evaluate physical activities that promote personal lifelong participation. | 10.5.12.A | All |
| Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. | 10.5.12.B | All |
| Evaluate the impact of practice strategies on skill development and improvement. | 10.5.12.C | All |
| Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use. | 10.5.12.D | All |
| Evaluate movement forms for appropriate application of scientific and biomechanical principles. (efficiency of movement/mechanical advantage/kinetic energy/potential energy/inertia/safety) | 10.5.12.E | All |

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ASSESSMENTS

PDE Academic Standards, Assessment Anchors, and Eligible Content: The teacher must be knowledgeable of the PDE Academic Standards, Assessment Anchors, and Eligible Content and incorporate them regularly into planned instruction.

Formative Assessments: The teacher will utilize a variety of assessment methods to conduct in-process evaluations of student learning.

Effective formative assessments for this course include: Teacher Observation, Fitness Testing, Exercise logs, Article Reviews, Participation, Sportsmanship, Preparation (Proper Fitness Attire)

Summative Assessments: The teacher will utilize a variety of assessment methods to evaluate student learning at the end of an instructional task, lesson, and/or unit.

Effective summative assessments for this course include: Exercise logs, Article Reviews, Participation, Sportsmanship, Preparation (Proper Fitness Attire)