

## 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, explosiveness, and speed. This course will also help develop and increase muscle definition, endurance, and cardiorespiratory training. Students will receive knowledge in proper lifting technique, stretching and flexibility exercises as well as understand the correlation of lifts to the muscle groups to enhance athletic performance. The students will leave this class with a lifelong understanding of how to maintain adequate fitness for 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:** 11/13/2018  
**Date Approved:** 4/8/2019  
**Implementation Year:** 2019/2020

#### **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).

**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  
Yoga and Pilates

**Marking Period 2**

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

**Marking Period 3**

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

**Marking Period 4**

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

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**Standards/Eligible Content and Skills**

<b>Performance Indicator</b>	<b>PA Core Standard and/or Eligible Content</b>	<b>Marking Period Taught</b>
Demonstrates competency in 1 or more specialized skills in health-related fitness activities.	Concepts, Principles and Strategies of Movement 10.5.12 B	MP 1 & 3 MP 2 & 4
Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill.	Concepts, Principles and Strategies of Movement 10.5.9 E	MP 1 & 3 MP 2 & 4
Analyze factors that affect the responses of body systems during moderate to vigorous physical activities.	Physical Activity 10.4. 9 C	MP 1 & 3 MP 2 & 4
Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.	Safety and Injury Prevention 10.3.12 D	MP 1 & 3 MP 2 & 4
Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.	Physical Activity 10.4.12. B	MP 1 & 3 MP 2 & 4
Apply knowledge of movement skills, skill-related fitness, and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.	Concepts, Principles and Strategies of Movement 10.5.12. A	MP 1 & 3 MP 2 & 4
Evaluate the impact of practice strategies on skill development and improvement.	Concepts, Principles and Strategies of Movement 10.5.12 C	MP 1 & 3 MP 2 & 4
Analyzes and applies technology and social media as tools for supporting a healthy, active lifestyle	Concepts, Principles and Strategies of Movement 10.5.9 A	MP 1 & 3 MP 2 & 4
Evaluates — according to their benefits, social support network and participation requirements — activities that can be pursued in the local environment.	Physical Activity 10.4.9 A	MP 1 & 3 MP 2 & 4
Demonstrates appropriate technique on resistance training machines and with free weights.	Concepts, Principles and Strategies of Movement 10.5.12 E	MP 1 & 3 MP 2 & 4
Relates physiological responses to individual levels of fitness and nutritional balance.	Concepts, Principles and Strategies of Movement 10.5.12 E	MP 1 & 3 MP 2 & 4
Identifies types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, proprioceptive neuromuscular facilitation (PNF), dynamic) for personal fitness development (e.g., strength, endurance, range of motion)	Concepts, Principles and Strategies of Movement 10.5.9 E	MP 1 & 3 MP 2 & 4
Adjusts pacing to keep heart rate in the target zone, using available technology (e.g., pedometer, heart rate monitor), to self-monitor aerobic intensity.	Concepts, Principles and Strategies of Movement 10.5.9 D	MP 1 & 3 MP 2 & 4
Calculates target heart rate and applies that information to personal fitness plan.	Concepts, Principles and Strategies of Movement 10.5.9 D	MP 1 & 3 MP 2 & 4

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Performance Indicator	PA Core Standard and/or Eligible Content	Marking Period Taught
Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed.	Physical Activity 10.4.12 D	MP 1 & 3 MP 2 & 4
Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance.	Physical Activity 10.4.12 F	MP 1 & 3 MP 2 & 4
Uses communication skills and strategies that promote team or group dynamics.	Physical Activity 10.4.12 F	MP 1 & 3 MP 2 & 4
Applies best practices for participating safely in physical activity, exercise, and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection)	Safety and Injury Prevention 10.3.12. D	MP 1 & 3 MP 2 & 4

## **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)