

Unit 1			
Plyometric Exercise			
Duration	Ongoing		Assessed
Priority Standard(s)		Students will learn the underlying principles of plyometric exercise and engage in plyometric exercises to increase power.	
Supporting Standard(s)			
	PE.9-12.HM1E1	Movement Concepts - Identify and analyze the critical elements of selected advanced skills (e.g., strength training, games)	
	PE.9-12.PA1D1	Body Systems - Identify the major muscle groups that are engaged during specific exercises and activities (e.g., bicep - bicep curl)	
	PE.9-12.PA2A1	Personal/Social Responsibilities - Show personal etiquette, respect, and safety skills during physical activities	
	PE.9-12.PA3A1	Prevention - Identify the relationship between warm-up, cool-down, proper skill techniques, the use of protective equipment, and proper conditioning to exercise-related injuries	
	PE.9-12.PA3A2	Prevention - Investigate and predict potential exercise-related injuries and medical conditions that could occur during a variety of physical activities	

Unit 2			
Speed & Core Training			
Duration	Ongoing		Assessed
Priority Standard(s)		Students will learn speed training techniques and core strength exercises to enhance their speed development	
Supporting Standard(s)	PE.9-12. HM1E1	Movement Concepts - Identify and analyze the critical elements of selected advanced skills (e.g., strength training, games)	
	PE.9-12. HM2A1	Skill Techniques - Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment)	
	PE.9-12. PA1D1	Body Systems - Identify the major muscle groups that are engaged during specific exercises and activities (e.g., bicep - bicep curl)	
	PE.9-12. PA2A1	Personal/Social Responsibilities - Show personal etiquette, respect, and safety skills during physical activities	
	PE.9-12. PA3A1	Prevention - Identify the relationship between warm-up, cool-down, proper skill techniques, the use of protective equipment, and proper conditioning to exercise-related injuries	
	PE.9-12. PA3A2	Prevention - Investigate and predict potential exercise-related injuries and medical conditions that could occur during a variety of physical activities	

Unit 3			
Upper Body Lifts			
Duration	Ongoing		Assessed
Priority Standard(s)		Students will learn the muscles most involved, correct lifting technique and correct spotting technique of the bench press, towel bench, incline press and shoulder raises.	
Supporting Standard(s)	PE.9-12.HM1E1	Movement Concepts - Identify and analyze the critical elements of selected advanced skills (e.g., strength training, games)	
	PE.9-12.HM2A1	Skill Techniques - Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment)	
	PE.9-12.PA1D1	Body Systems - Identify the major muscle groups that are engaged during specific exercises and activities (e.g., bicep - bicep curl)	
	PE.9-12.PA2A1	Personal/Social Responsibilities - Show personal etiquette, respect, and safety skills during physical activities	
	PE.9-12.PA3A1	Prevention - Identify the relationship between warm-up, cool-down, proper skill techniques, the use of protective equipment, and proper conditioning to exercise-related injuries	
	PE.9-12.PA3A2	Prevention - Investigate and predict potential exercise-related injuries and medical conditions that could occur during a variety of physical activities	

Unit 4			
Multi-Joint Lifts			
Duration	Ongoing		Assessed
Priority Standard(s)		Students will learn the muscles most involved, correct lifting technique and correct spotting technique of the power clean, hang clean, power snatch, jerk press and push press.	
Supporting Standard(s)	PE.9-12. HM1E1	Movement Concepts - Identify and analyze the critical elements of selected advanced skills (e.g., strength training, games)	
	PE.9-12. HM2A1	Skill Techniques - Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment)	
	PE.9-12. PA1D1	Body Systems - Identify the major muscle groups that are engaged during specific exercises and activities (e.g., bicep - bicep curl)	
	PE.9-12. PA2A1	Personal/Social Responsibilities - Show personal etiquette, respect, and safety skills during physical activities	
	PE.9-12. PA3A1	Prevention - Identify the relationship between warm-up, cool-down, proper skill techniques, the use of protective equipment, and proper conditioning to exercise-related injuries	
	PE.9-12. PA3A2	Prevention - Investigate and predict potential exercise-related injuries and medical conditions that could occur during a variety of physical activities	

**Unit 5**

**Lower Body Lifts**

<b>Duration</b>		<b>Ongoing</b>	<b>Assessed</b>
<b>Priority Standard(s)</b>		Students will learn the muscles most involved, correct lifting technique and correct spotting technique of the parallel squat, box squat, front squat, overhead squat, hex bar deadlift and straight leg deadlift.	
<b>Supporting Standard(s)</b>	PE.9-12. HM1E1	Movement Concepts - Identify and analyze the critical elements of selected advanced skills (e.g., strength training, games)	
	PE.9-12. HM2A1	Skill Techniques - Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment)	
	PE.9-12. PA1D1	Body Systems - Identify the major muscle groups that are engaged during specific exercises and activities (e.g., bicep - bicep curl)	
	PE.9-12. PA2A1	Personal/Social Responsibilities - Show personal etiquette, respect, and safety skills during physical activities	
	PE.9-12. PA3A1	Prevention - Identify the relationship between warm-up, cool-down, proper skill techniques, the use of protective equipment, and proper conditioning to exercise-related injuries	
	PE.9-12. PA3A2	Prevention - Investigate and predict potential exercise-related injuries and medical conditions that could occur during a variety of physical activities	

## Unit 6

### Flexibility

Duration	Ongoing		Assessed
Priority Standard(s)		Students will learn a dynamic and static stretch routine and the benefits of each method.	
Supporting Standards(s)	PE.9-12. HM1E1	Movement Concepts - Identify and analyze the critical elements of selected advanced skills (e.g., strength training, games)	
	PE.9-12. HM2A1	Skill Techniques - Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment)	
	PE.9-12. PA1D1	Body Systems - Identify the major muscle groups that are engaged during specific exercises and activities (e.g., bicep - bicep curl)	
	PE.9-12. PA2A1	Personal/Social Responsibilities - Show personal etiquette, respect, and safety skills during physical activities	
	PE.9-12. PA3A1	Prevention - Identify the relationship between warm-up, cool-down, proper skill techniques, the use of protective equipment, and proper conditioning to exercise-related injuries	
	PE.9-12. PA3A2	Prevention - Investigate and predict potential exercise-related injuries and medical conditions that could occur during a variety of physical activities	