

Standard Division Document
School Year 2017-2018 (Last Reviewed June 2017)
Course : Weight Training Boys/Girls

First Six Weeks Objectives:

9.NPA.2.3 Summarize the effects of hydration and dehydration and preventive measures for dehydration
PE.H.MS.1.1 Evaluate data that lead to improved performance in a variety of physical activity experiences
PE.9.MC.2.1 Create plans for establishing and maintaining lifelong health enhancing behaviors based n concepts of health, fitness, and nutrition
PE.9.MC.2.2 Use complex movement principles to evaluate and improve performance
PE.9.MC.2.3 Generate complex movement concepts that can be used to refine learned skills and to acquire new advanced skills
PE.H.MC.2.1 Compare trends and behavioral effects between attitudes toward exercise and preferred physical experiences based on age and gender
PE.H.MC.2.2 Design a strategy for setting specific targets to improve performance
PE.H.MC.2.3 Critique training and conditioning practices for the greatest impact on skill acquisition and performance in individual/dual, and team experiences
PE.9.HF.3.1 Evaluate personal health-related physical fitness status in terms of cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition
PE.H.HF.3.1 Evaluate the necessity for current safety techniques, best practices and appropriate national fitness and nutrition guidelines are important for maintaining physical fitness
PE.9.PR.4.1 Implement leadership skills to promote

Second Six Weeks Objectives:

9.NPA.2.3 Summarize the effects of hydration and dehydration and preventive measures for dehydration
PE.H.MS.1.1 Evaluate data that lead to improved performance in a variety of physical activity experiences
PE.9.MC.2.1 Create plans for establishing and maintaining lifelong health enhancing behaviors based n concepts of health, fitness, and nutrition
PE.9.MC.2.2 Use complex movement principles to evaluate and improve performance
PE.9.MC.2.3 Generate complex movement concepts that can be used to refine learned skills and to acquire new advanced skills
PE.H.MC.2.1 Compare trends and behavioral effects between attitudes toward exercise and preferred physical experiences based on age and gender
PE.H.MC.2.2 Design a strategy for setting specific targets to improve performance
PE.H.MC.2.3 Critique training and conditioning practices for the greatest impact on skill acquisition and performance in individual/dual, and team experiences
PE.9.HF.3.1 Evaluate personal health-related physical fitness status in terms of cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition
PE.H.HF.3.1 Evaluate the necessity for current safety techniques, best practices and appropriate national fitness and nutrition guidelines are important for maintaining physical fitness
PE.9.PR.4.1 Implement leadership skills to promote

Third Six Weeks Objectives:

9.NPA.2.3 Summarize the effects of hydration and dehydration and preventive measures for dehydration
PE.H.MS.1.1 Evaluate data that lead to improved performance in a variety of physical activity experiences
PE.9.MC.2.1 Create plans for establishing and maintaining lifelong health enhancing behaviors based n concepts of health, fitness, and nutrition
PE.9.MC.2.2 Use complex movement principles to evaluate and improve performance
PE.9.MC.2.3 Generate complex movement concepts that can be used to refine learned skills and to acquire new advanced skills
PE.H.MC.2.1 Compare trends and behavioral effects between attitudes toward exercise and preferred physical experiences based on age and gender
PE.H.MC.2.2 Design a strategy for setting specific targets to improve performance
PE.H.MC.2.3 Critique training and conditioning practices for the greatest impact on skill acquisition and performance in individual/dual, and team experiences
PE.9.HF.3.1 Evaluate personal health-related physical fitness status in terms of cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition
PE.H.HF.3.1 Evaluate the necessity for current safety techniques, best practices and appropriate national fitness and nutrition guidelines are important for maintaining physical

<p>responsibility in self and others PE.9.PR.4.2 Select the most appropriate ways of responding and mediate to settle conflicts PE.9.PR.4.3 Explain the influence of physical activity on cultural competence and the development of self-awareness</p>	<p>responsibility in self and others PE.9.PR.4.2 Select the most appropriate ways of responding and mediate to settle conflicts PE.9.PR.4.3 Explain the influence of physical activity on cultural competence and the development of self-awareness</p>	<p>fitness PE.9.PR.4.1 Implement leadership skills to promote responsibility in self and others PE.9.PR.4.2 Select the most appropriate ways of responding and mediate to settle conflicts PE.9.PR.4.3 Explain the influence of physical activity on cultural competence and the development of self-awareness</p>
<p>First Half-of-Course Objectives (Objectives that take the first half of the course to teach) Click here to enter text.</p>		<p>Second Half-of-Course Objectives (Objectives that take the second half of the course to teach) Click here to enter text.</p>
<p>Year Long Objectives (Objectives that may take the full year to teach) Click here to enter text.</p>		

Proposed Benchmark Frequency: Comments (optional):

Name of Person/People Submitting this form: Carolyn Ashdown, Christopher Grimes, Chad Ashley, Bob Blick, Deborah Lausterer, Katelyn Williams