

AQUATICS CURRICULUM MAP

	UNIT 1	UNIT 2	UNIT 3	UNIT 4	UNIT 5
CONTENT	Red Cross Level V Learn to Swim Program	WSI Aid	Personal Wellness	Lifeguarding	Aquatic Fitness Activities
SKILLS	<ul style="list-style-type: none"> - Technique/Skills - Safety - Review basic skills - Proper technique of strokes and dives 	<ul style="list-style-type: none"> - Terms defined - Technique/ Skills - Rules - Safety 	<ul style="list-style-type: none"> - Principles of training - Technique/ Skills - Safety - Terms defined - Rules - Goal setting - Implement fitness plan 	<ul style="list-style-type: none"> - C.P.R. and RB procedures skills - Lifesaving procedures and skills - Demonstrate emergency skills - Technique/ Skill - Safety 	<ul style="list-style-type: none"> - Knowledge and skills of selected aquatic activity - Safety - Terms defined - Skills/ Techniques
ASSESSMENT	<ul style="list-style-type: none"> - Performance assessment - Skill test - Video assessment - Completion of certification - CRT 	<ul style="list-style-type: none"> - Lesson plan developed - Performance assessment - Completion of certification - CRT 	<ul style="list-style-type: none"> - Fitness log - Worksheets on target heart rate - Health profile - CRT 	<ul style="list-style-type: none"> - Performance/ Skill test - Performance assessment - Written test - Completion of certification 	<ul style="list-style-type: none"> - Checklist - CRT - Performance assessment
STANDARDS	3.7.2.1 (19.A.5) 3.7.2.2 (19.B.5)	3.7.2.1 (19.A.5)	3.8.2.6 (20.B.5b) 3.8.2.7 (20.C.4b) 3.8.2.12 (20.C.5c) 3.8.2.10 (20.B.5a) 3.8.2.13 (20.C.5c) 3.8.2.8 (20.A.5) 3.8.2.9 (24.c.5)	3.6.3.2 (22.A.4c) 3.6.4.1 (22.A.4c) 3.6.1.2 (22.A.5c) 3.6.3.2 (22.A.4c) 3.6.4.1 (22.A. 4c) 3.6.4.4 (22.A.4d)	3.7.2.1 (19.A.5) 3.7.2.3 (19.A.5) 3.7.2.3 (19.A.5) 3.7.2.3 (19.C.5a) 4.5.2.4 (21.A.5) 4.5.1.6 (19.c.5b) 4.5.2.5 (21.B.5)

DRIVER EDUCATION CURRICULUM MAP

	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
CONTENT			<ul style="list-style-type: none"> - Drive Right Chapters 2,3,5 - Rules of the Road - Signs, signals, road-way markings - HTS - Basic Car Controls - IPDE Process 	<ul style="list-style-type: none"> - Drive Right Chapters 6,7,9-11 - Basic Maneuvers - Negotiating Intersections - Driving in urban, rural and on expressways 	<ul style="list-style-type: none"> - Drive Right Chapters 15-18 - Alcohol, drugs and driving - Buying and owning a vehicle - Maintaining your vehicle - Planning your travel
SKILLS			<ul style="list-style-type: none"> - Problem Solving - Safety - Worksheets - Tests - Videos - Cooperative Learning 	<ul style="list-style-type: none"> - Problem Solving - Safety - Worksheets - Tests - Videos - Group work 	<ul style="list-style-type: none"> - Problem Solving - Safety - Worksheets - Tests - Videos - Group work
ASSESSMENT			<ul style="list-style-type: none"> - Tests - Workbook pages - Worksheets 	<ul style="list-style-type: none"> - Tests - Workbook pages - Worksheets - Rubric/Group work 	<ul style="list-style-type: none"> - CRT - Eye test - Permit Test
STANDARDS			3.6.2.3 21.A.4b	3.6.2.3 21.A.4b	3.6.2.3 21.A.4b

CURRICULUM MAP – 9TH GRADE PHYSICAL EDUCATION

	UNIT 1	UNIT 2	UNIT 3	UNIT 4	UNIT 5	UNIT 6
CONTENT	Fitness	Track and Field/ Cooperative Games	Swimming	Basketball/ Weight Training	Volleyball/ Weight Training	Dance and Tumbling or Approved Activity
SKILLS	Skill related Health related Lifetime fitness Testing Safety Communication Skills Problem Solving	Target Heart Rate Zone Field event techniques Safety Heart rate Monitor Cooperative Games	Stroke Technique Fitness skills Lifesaving skills Safety- Lifeguarding Survival skills Recreational applications	Lifting Technique Safety and skills Terms-defined Rules Team building skills Cooperative learning Training Principles	Technique and skills Safety Sportsmanship Strategy Cooperative learning Training Principles	Safety Technique Timing Rhythm Various Dances Flexibility Combination of skills
ASSESSMENT	CRT Fitness Tests Worksheets and Video Quiz Checklist Quizzes/Test	Performance Assessment CRT Self check Test/Quiz	Rubic CRT Test-unit Video and Quiz Self check lists	CRT Tests Skills test Performance Test Self check list Checklist	CRT Tests Skills test Performance Test Self check list Checklist	Checklist CRT Performance routines assessment Unit test
STANDARDS	3.5.4.4 / 23.A.4 3.6.2.3 / 19.C.4a 3.8.1.1 3.5.4.5 / 20.A.4b 3.8.1.1	3.8.1.1 3.5.4.5 / 20.A.4b	3.8.1.1 3.5.4.5 / 20.A.4b 3.6.2.3 / 19.C.4a	3.5.4.4 / 23.A.4 3.6.2.3 / 19.C.4a 3.8.1.1 3.5.4.5 / 20.A.4b 3.8.2.2 / 20.B.4a	3.5.4.4 / 23.A.4 3.6.2.3 / 19.C.4a 3.8.1.1 3.5.4.5 / 20.A.4b 3.8.2.2 / 20.B.4a	3.8.1.1 3.5.4.5 / 20A.4b 3.8.2.2 / 20B.4a 3.8.2.3 / 20B.4b 3.7.1.2 / 19.A.4

CURRICULUM MAP – 9TH GRADE HEALTH

	MENTAL HEALTH	BODY SYSTEMS	NUTRITION	DRUGS	DISEASE PREVENTION
CONTENT	Ch 2 - 5 Social Emotional Physical Moral Use of Video		Ch 7 – 9 Nutrition: The Nutrients Weight Control Fitness Use of Video	Ch 11 - 14 Drugs as medicine Drug of abuse Alcohol Tobacco Use of Video	Ch 15 - 17 Infectious disease STD's Lifestyle diseases Use of Video
SKILLS	Worksheets Short essay Journals Life Choice Inventories Textbook Activities Role Playing		Food Pyramid Life Choice Inventories Textbook Activities Journals Worksheets Research- Technology	Worksheets Life Choice Inventories Journal Entries Textbook Activities Role Playing	Research- Technology Journal Entries Worksheets
ASSESSMENT	CRT Tests – Unit, Chapter Group Projects Quizzes Homework	CRT Test Homework	Nutrition Assessment Worksheets Test CRT	Group Project Individual Project Test Quiz CRT	Group Project with Visual Aid Test CRT
STANDARDS	4.5.1.1 / 24.B.4 3.6.1.1 3.6.1.2 / 24.A.4a 2.5.1.1 / 22.A.4a		3.5.2.2 / 23.A.4 3.5.1.1 / 23.A.4 3.4.1.2 / 23.A.4 3.5.3.3 / 23.A.4	2.5.1.2 / 23.B.4	2.5.1.1 / 22.A.4a 2.5.2.4 / 22.A.4b

	LIFECYCLE	FIRST AID			
CONTENT	Ch 18 – 23 Use of Video	Ch 24 – 25 Use of Video			
SKILLS	Worksheets Aging Simulation Activity Journal Entries Role Playing	Worksheets Journal Entries Role Playing			
ASSESSMENT	Tests Worksheets CRT	Tests Worksheets CRT			
STANDARDS	3.4.2.6 3.4.3.6 / 22.8.4a 3.4.1.3 / 23.C.5 3.4.2.5 / 23.C.4 3.4.2.4 3.4.3.5 / 20.C.5b	3.6.2.4 / 22.A.4c			

JR/SR COED CURRICULUM MAP

	UNIT 1	UNIT 2	UNIT 3	UNIT 4	UNIT 5	UNIT 6
CONTENT	Football	Soccer	Lifetime Sport and Recreational Skills	Basketball	Floor Hockey/ Aerobics	Volleyball and Weight Training/Cardio
SKILLS	<ul style="list-style-type: none"> - Skills/ Technique - Team skills - Rules - Offense/Defense Strategies - Terminology 	<ul style="list-style-type: none"> - Advanced skill technique - Rules - Terminology - Offense/Defense Strategies - Advanced team skills 	<ul style="list-style-type: none"> - Skills/Techniques - Rules - Cooperative Team work - Safety - Terminology 	<ul style="list-style-type: none"> - Advanced skills/techniques - Rules/Terminology - Offensive/Defensive Strategy - Teamwork - Safety/Sportsmanship 	<ul style="list-style-type: none"> - Skills/ Techniques - Teamwork/Sportsmanship - Safety - Aerobic techniques - Target heart rate - Heart rate monitoring 	<ul style="list-style-type: none"> - Proper skill technique - Rules - Terminology - Safety procedures - F.I.T. - Heart rate monitoring
ASSESSMENT	<ul style="list-style-type: none"> - CRT - Unit Test - Performance Assessment 	<ul style="list-style-type: none"> - CRT - Unit Test - Performance Assessment 	<ul style="list-style-type: none"> - Unit Test - Performance Assessment 	<ul style="list-style-type: none"> - CRT - Unit Test - Performance Assessment 	<ul style="list-style-type: none"> - CRT - Unit Test - Performance Assessment 	<ul style="list-style-type: none"> - CRT - Unit Test - Performance Assessment - Worksheet
STANDARDS	3.7.2.3 (19.1A.5) 3.7.2.2 (19.B5) 3.7.2.4 (19.A.5) 4.5.2.5 (21.B.5)	3.7.2.3 (19.A5) 3.2.7.2.2 (19.A.5) 3.7.2.4 (19.A.5) 4.5.2.5 (21.B.5) 3.8.2.10 (20B.5a)	3.7.2.3 (19A.5) 3.7.2.4 (19C.5)	3.7.2.3 (19A.5) 3.7.2.2 (19B.5) 3.7.2.4 (19A.5) 4.5.2.5 (21B.5)	3.7.2.3 (19A.5) 3.7.2.2 (19B.5) 3.7.2.4 (19A.5) 4.5.2.5 (21B.5) 3.8.2.10 (20B.5A)	3.7.2.3 (19A.5) 3.7.2.2 (19B.5) 3.7.2.4 (19A.5) 4.5.2.5 (21B.5) 3.8.2.10 (20B.5A)

JR/SR COED CURRICULUM MAP

	UNIT 7	UNIT 8	UNIT 9	UNIT 10	UNIT 11	UNIT 12
CONTENT	Badminton	Pickleball	Volleyball/Non-Traditional Games/Weight and Cardio	Lifetime Sports/Recreational Games/ Fitness and Conditioning	Tennis	Softball
SKILLS	<ul style="list-style-type: none"> - Advance skill technique - Etiquette/ Rules - Partnership skills - Offense/Defense Strategies - Terminology 	<ul style="list-style-type: none"> - Advance skill technique - Etiquette/ Rules - Partnership skills - Offense/Defense Strategies - Terminology 	<ul style="list-style-type: none"> - Game skills and strategies - Lifting strategies - Safety - Rules - Teamwork 	<ul style="list-style-type: none"> - Skills/Techniques - Rules - Cooperative Team work - Safety - Terminology - F.I.T. - Heart rate monitoring 	<ul style="list-style-type: none"> - Advance skills technique - Safety - Partner responsibilities - Rules/ Terminology 	<ul style="list-style-type: none"> - Skills and techniques - Teamwork/ Sportsmanship - Rules/ Terminology
ASSESSMENT	<ul style="list-style-type: none"> - CRT - Unit Test - Performance Assessment 	<ul style="list-style-type: none"> - CRT - Unit Test - Performance Assessment 	<ul style="list-style-type: none"> - CRT - Unit Test - Performance Assessment 	<ul style="list-style-type: none"> - Unit Test - Performance Assessment 	<ul style="list-style-type: none"> - CRT - Unit Test - Performance Assessment 	<ul style="list-style-type: none"> - CRT - Unit Test - Performance Assessment
STANDARDS	3.7.2.3 (19A.5) 3.7.2.2 (19B.5)	3.7.2.3 (19A.5) 3.7.2.2 (19B.5)	3.7.2.3 (19.A.5) 3.8.2.6 (20.B.5b) 3.8.2.10 (20.B.5b)	3.7.2.3 (19.A.5) 3.7.2.2 (19.B.5)	3.7.2.3 (19.A.5) 3.7.2.2 (19.B.5)	3.7.2.3 (19.A.5) 3.7.2.2 (19.B.5) 3.7.2.4 (19.A.5) 4.5.7.5 (21.B.5)

JR. LEADERSHIP CURRICULUM MAP

	QUARTER	QUARTER	QUARTER	QUARTER
CONTENT	<ul style="list-style-type: none"> - Soccer / Speedball - Fitness - FB - Archery 	<ul style="list-style-type: none"> - Volleyball - Tumbling/ Leadership Games - Weight Training - Badminton 	<ul style="list-style-type: none"> - Aerobics - Cardio/ Tri-fit - Dance - Pickleball - Swimming - Floor Hockey 	<ul style="list-style-type: none"> - Tennis - Fitness - Bicycle - Track and Field - Softball
SKILLS	<ul style="list-style-type: none"> - Safety/ Warm-ups - Station teaching rules techniques skills - Cooperative learning - Teamwork - Competitive Games - Strategy 	<ul style="list-style-type: none"> - Safety/ Warm-ups - Station teaching rules techniques skills - Cooperative learning - Teamwork - Competitive Games - Strategy 	<ul style="list-style-type: none"> - Safety/ Warm-ups - Station teaching rules techniques skills - Cooperative learning - Teamwork - Competitive Games - Strategy 	<ul style="list-style-type: none"> - Safety/ Warm-ups - Station teaching rules techniques skills - Cooperative learning - Teamwork - Competitive Games - Strategy
ASSESSMENT	<ul style="list-style-type: none"> - CRT - Fitness test - Quizzes/Test - Officiating 	<ul style="list-style-type: none"> - CRT - Speeches - Quizzes/Test - Officiating 	<ul style="list-style-type: none"> - CRT/ Wellness Assessment - Fitness log - Quizzes/Test - Officiating 	<ul style="list-style-type: none"> - CRT - Fitness Test - Quizzes/Test - Officiating
STANDARDS	3.8.2.10 (20.b5A) 3.8.2.9 (24.C5) 2.5.22 (22A.5b) 3.7.2.1(19.A5)	3.8.2.10 (20.b5a) 3.7.2.1 (19.A5)	2.5.1.4 (24.B.5) 2.5.1.5 (23.B.5) 3.8.2.10 (20.b5a) 3.8.26 (20.B.5b) 2.5.31 (22.A52) 3.8.2.8 (20.A.5) 3.8.2.12 (20.C.5a) 3.7.21 (19.A5)	3.8.2.10 (20.b5a) 2.5.23 (22.B5) 3.8.2.13 (20.C.5c) 3.8.2.9 (24.C.5) 2.5.22 (22.A.5b) 3.7.21 (19.A5)

PERSONAL WELLNESS CURRICULUM MAP

	UNIT 1	UNIT 2	UNIT 3	UNIT 4	UNIT 5
CONTENT	Fitness	Cardiovascular Endurance	Muscular Strength	Body Composition and Flexibility	Lifetime Fitness
SKILLS	<ul style="list-style-type: none"> - Lifetime fitness - Testing Health-related - Goal setting - Safety - Guest speaker 	<ul style="list-style-type: none"> - Target Heart Rate Zone - Safety - Goal setting - Problem solving - Heart rate monitor - Testing - Circuit Training - Guest Speaker 	<ul style="list-style-type: none"> - Circuit training - Safety - Lifting techniques - Training principles - Guest speakers - Muscle identification - Goal setting - Self- evaluation 	<ul style="list-style-type: none"> - Guest speaker - Goal setting - Self- measurement - Health related fitness - Heart rate monitors - Warm-up/ Cool down 	<ul style="list-style-type: none"> - Goal setting - Evaluate wellness plan - Fitness testing - Action plan - Self-assessment
ASSESSMENT	<ul style="list-style-type: none"> - CRT - Journal - Quizzes/Test - Worksheets - Fitness Tests 	<ul style="list-style-type: none"> - Performance Assessment (12 min. race-on) - CRT - Self check - Test/Quiz - Worksheets (heart rate monitor) 	<ul style="list-style-type: none"> - CRT - Fitness/ Strength Log - Test/Quiz - Worksheets - Self-assessments 	<ul style="list-style-type: none"> - CRT - Quiz/ Test - Worksheets - Self-assessment - Fitness/Strength Log 	<ul style="list-style-type: none"> - CRT - Personal Wellness Plan - Quiz/Test - Worksheets - Self-assessment
STANDARDS	2.5.1.4 (24.B.5) 2.5.1.5 (23.B.5)	2.5.1.5 (23.B.5)	3.8.2.6 (20.B.5b) 2.5.1.5 (23.B.5)	3.8.2.6 (20.B.5b)	3.8.2.9 (24.C.5) 3.8.2.8. (20.A.5) 3.8.2.12 (20.C.5a)

PERSONAL WELLNESS CURRICULUM MAP

	UNIT 7	UNIT 8			
CONTENT	Decision Making and Stress Management	Personal and Community Safety Consumer Issues Related Careers			
SKILLS	<ul style="list-style-type: none"> - Relaxation Techniques - Personal Plans - Journal - Fitness log - Individual profile 	<ul style="list-style-type: none"> - Guest speaker - Health fair - Health Club Information - Safety 			
ASSESSMENT	<ul style="list-style-type: none"> - CRT - Test - Quiz - Personal evaluation - Self-assessment 	<ul style="list-style-type: none"> - Projects - Health Club analysis - Nutrition/ Sports Bar Analysis - Worksheets - Test/Quiz 			
STANDARDS	3.8.2.12 (20.C.5A) 3.8.2.9 (24.C.5) 4.5.2.4 (21.A.5)	3.8.2.7 (20.C.4B)			

CURRICULUM MAP – 10TH GRADE PHYSICAL EDUCATION

CURRICULUM MAP	UNIT 1	UNIT 2	UNIT 3	UNIT 4	UNIT 5	UNIT 6
CONTENT	Soccer	Softball/ Weights	Floor Hockey/ Aerobics	Basketball	Swimming	Volleyball
SKILLS	<ul style="list-style-type: none"> -Technique/ skills -Terms defined -Rules -Cooperative learning -Team skills -Safety 	<ul style="list-style-type: none"> -Technique/ skills -Safety -Terms defined -Rules -Lifting Techniques -Training principles -Cardio Training -Target H.R. Zone -Team skills 	<ul style="list-style-type: none"> -Proper technique -Rules -Strategy -Sportsmanship -Teamwork competitive games -Safety/ warm-up -Warm-up -F.I.T. -Rhythm routines -Heart rates 	<ul style="list-style-type: none"> -Safety -Review basic skills -Rules -Teamwork modified games and full court games 	<ul style="list-style-type: none"> -Safety skills -Review basic skills -Proper technique of new strokes and surface dives 	<ul style="list-style-type: none"> -Safety/ Warm-up -Sportsmanship -Communication skills -Team skills -Mastery skills -Modified competitive games
ASSESSMENT	<ul style="list-style-type: none"> -CRT -Unit Test -Performance assessment 	<ul style="list-style-type: none"> -CRT -Unit Test -Skill Test -Worksheets on target heart rate and pulse rate -Fitness log 	<ul style="list-style-type: none"> -CRT -Performance/ skill test -Cognitive test -Affective -Worksheets -Checklists 	<ul style="list-style-type: none"> -CRT -Unit test -Skill test -Performance assessment 	<ul style="list-style-type: none"> -CRT -Unit test -Performance assessment -Worksheets -Video and quiz 	<ul style="list-style-type: none"> -Skills -Unit test/ quiz -Performance -CRT
STANDARDS	<ul style="list-style-type: none"> -3.6.2.4 (21.A.4b) -3.6.2.5 (19.C.4a) -4.5.2.2 (21.B.4) -4.5.1.5 (19.C.4b) -3.7.1.3 (19.B.4) 	<ul style="list-style-type: none"> -3.5.6.3 (20.B.4b) -3.5.6.2 (20.A.4b) -3.6.2.3 (21.9.4B) -3.6.2.4 (21.A.4b) -3.6.2.5 (19.C.4a) -4.5.2.2 (21.B.4) -4.5.1.5 (19.C.4B) -3.7.1.3 (19.B.4) 	<ul style="list-style-type: none"> -3.7.1.3 (19.B.4) -3.5.6.3 (20.B.4b) -3.5.4.3 (20.A.4A) 	<ul style="list-style-type: none"> -3.6.2.3 (21.a.4B) -3.6.2.4 (21.A.4b) -4.5.1.5 (19.C.4B) -3.5.4.4 (20.A.4b) -3.6.2.5 (19.c.4a) -4.5.2.2 (21.B.4) -4.5.2.3 (19.C.4B) 	<ul style="list-style-type: none"> -3.6.2.3 (21.c.4B) -3.6.2.4 (21.A.4b) -4.5.1.5 (19.C.4B) -3.5.4.4 (20.A.4b) -3.6.2.5 (19.c.4a) -4.5.2.2 (21.B.4) 4.5.2.3 (19.C.4B) 	<ul style="list-style-type: none"> -4.5.1.5 (19.C.4B) -4.5.2.5 (19.C.4.b) -3.5.4.4 (20.A.4b) -3.6.2.5 (21.A.4b) -3.6.2.5 (19.C.4a) -4.5.2.2 (21.B.4)

CURRICULUM MAP – 10TH GRADE PHYSICAL EDUCATION

	UNIT 7	UNIT 8	UNIT 9			
CONTENT	Badminton	Football/Weights	Tennis			
SKILLS	<ul style="list-style-type: none"> -Safety/ Warm-up -Sportsmanship -Communication skills -Proper skills/ Techniques -Activity rules -Modified competitive games 	<ul style="list-style-type: none"> -Proper lifting techniques -Spotting -Principles of throwing -Various defenses and offenses -Safety rules -Cardio training -Rules of the game -Teamwork 	<ul style="list-style-type: none"> -Safety -Proper skill technique -Activity rules -Various hits and use of different strokes 			
ASSESSMENT	<ul style="list-style-type: none"> -Skills test -Unit test -Quiz -Performance -CRT 	<ul style="list-style-type: none"> -Skill test -Written test -Rubric on football skills -Rubric on proper skills on lifts -Cardio training log -CRT -Record sheets 	<ul style="list-style-type: none"> -Written test -Skill test -CRT 			
STANDARDS	<ul style="list-style-type: none"> -3.5.4.4 (20.A.4b) -3.6.2.5 (21.A4b) -3.6.2.5 (19.C.4a) -4.5.2.2 (21.B.4) -4.5.1.5 (19C.4B) -4.5.2.5 (19.C.4.b) 	<ul style="list-style-type: none"> -3.5.4.4(20.A.4B) -3.5.6.2 (20.A.4A) -3.5.6.1 (20.A.4A) -3.5.4.3 (20.A.4b) 	<ul style="list-style-type: none"> -3.5.4.4 (20.A.4b) -3.5.6.2 (20.A.4a) 			

WEIGHTS AND CONDITIONING CURRICULUM MAP

	August	September	October	November	December
CONTENT	Weights/ Conditioning	Circuit Training	Weights/ Conditioning and Circuit Training	Weights/ Conditioning	Weights/ Conditioning
SKILLS	<ul style="list-style-type: none"> - Safety and rules - Warm-up and cool down - Introduction to course with terms and techniques 	<ul style="list-style-type: none"> -Circuit training - Safety terms/ Performance testing - Techniques - Fitness testing 	<ul style="list-style-type: none"> - Muscular endurance - FIT principle - Safety - Agilities 	<ul style="list-style-type: none"> - Split body workout - Terms - Safety - Agilities 	<ul style="list-style-type: none"> - Safety - Split Body - Terms - Agilities - Team Building
ASSESSMENT	<ul style="list-style-type: none"> - CRT - Measurements 	<ul style="list-style-type: none"> - Heart rate logs - Worksheets - CRT 	<ul style="list-style-type: none"> - Fitness logs - Performance testing - CRT 	<ul style="list-style-type: none"> - CRT 	<ul style="list-style-type: none"> - CRT - Performance Test
STANDARDS	3.7.2.3/ 3.7.2.3 19.A.5/ 19.A5 3.8.2.10 20.B.5A	3.7.2.3 19.A.5	2.5.1.5 23.B.5	3.7.2.3 19.A.5 3.8.2.10 20.B.5A	2.5.1.5 23.B.5

WEIGHTS AND CONDITIONING CURRICULUM MAP

	January	February	March	April	May
CONTENT	Conditioning/ Weight Training	Conditioning/ Weight Training	Conditioning/ Weight Training	Conditioning/ Weight Training	Conditioning/ Weight Training
SKILLS	<ul style="list-style-type: none"> - Individual workout - Review CRT - Safety - Terms - Introduction on self-assessment 	<ul style="list-style-type: none"> - Implement individual workout - Safety - Terms - Agilities 	<ul style="list-style-type: none"> -Implement individual workout - Safety - Terms - Agilities 	<ul style="list-style-type: none"> - Fitness - Agilities - Safety - Personal Workout 	<ul style="list-style-type: none"> - Measurements - Safety - Implement Personal workout - Terms and techniques
ASSESSMENT	<ul style="list-style-type: none"> - Self assessment - Paper - CRT 	<ul style="list-style-type: none"> - CRT - Fitness Logs - Paper - Worksheets 	<ul style="list-style-type: none"> - CRT - Logs - Worksheets - Performance testing 	<ul style="list-style-type: none"> - Fitness Testing - CRT - Logs 	<ul style="list-style-type: none"> - Contrast Results - CRT - Logs - Fitness Tests - Performance testing
STANDARDS	3.8.2.12 20.C.5a	3.7.2.1 19.A.5	3.8.28 20.A.5	3.8.2.6 20.B.5.B	3.8.2.8 20.A.5