

Middlesex County Schools Curriculum Pacing Guide

Grade/Course Advanced PE

School Year 2014-2015

| Time Frame | Unit/SOLs | SOL # | Strand | Essential Knowledge/ Understandings | Date of Common Formative Assessment (i.e. Unit Tests/Benchmark Tests) |
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| September Week 1 | Pre lifting test 11/12.1 The student will demonstrate mastery of movement skills and patterns that apply to the selected specialized-movement activity. a) Exhibit a level of proficiency in all basic skills required for the selected activity and the ability to use the skills with consistency in the appropriate setting. b) Demonstrate an understanding of the rules and strategies of the selected activity, and apply them appropriately. | 11/ 12. 1 A B | Skilled Movement | Students will be proficient in the: <ul style="list-style-type: none"> • Bench • Squat • Deadlift • Clean | Pre lifting assessment Bench Squat Deadlift Clean |
| September Week 2-4 | Minnesota Golden Gophers Workout! 11/12.2 The student will apply movement principles and concepts to skill performance of the selected specialized-movement activity. a) Explain and apply selected scientific principles (e.g., physiological, biomechanical) that aid in the improvement of skills and performance in specialized movement forms. b) Integrate movement principles and concepts in order to analyze and improve the performance of self and others in specialized movement forms. | 11/ 12. 2 | Movement Principles and Concepts | Students will be proficient in the: <ul style="list-style-type: none"> • Concept of warming up • Cooling down • Dynamic flexibility • Static stretching | |
| October Week 4-8 | Minnesota Golden Gophers Workout! Personal Fitness 11/12.3 The student will achieve and maintain a health-enhancing level of physical fitness. a) Participate independently in health-enhancing physical fitness activities. b) Evaluate and adjust activity levels to meet personal fitness goals. c) Design and critique a personal fitness program, using available technology and resources. d) Identify the physical and mental benefits of physical fitness. Responsible Behavior 11/12.4 The student will accept responsibility for taking a leadership role as well as demonstrate the ability to follow in order to accomplish group goals. a) Evaluate and organize a safe environment for skill practice. b) Demonstrate appropriate etiquette, care of equipment, and safe behaviors in the activity setting. | 11/ 12. 3 A B C D 11/ 12. 4 A B | Personal Fitness Responsible Behavior | Students will be proficient in the: <ul style="list-style-type: none"> • Synovial fluid release • Kinesiology • Exercise science • Powerlifting | End of 6 week lifting assessment Bench Squat Clean Deadlift Expected 20lbs.-40lbs. gain in total lifts! |

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| <p>November-December Weeks 9-16</p> | <p>Virginia Tech strength Program Personal Fitness 11/12.3 The student will achieve and maintain a health-enhancing level of physical fitness. a) Participate independently in health-enhancing physical fitness activities. b) Evaluate and adjust activity levels to meet personal fitness goals. c) Design and critique a personal fitness program, using available technology and resources. d) Identify the physical and mental benefits of physical fitness. Responsible Behavior 11/12.4 The student will accept responsibility for taking a leadership role as well as demonstrate the ability to follow in order to accomplish group goals. a) Evaluate and organize a safe environment for skill practice. b) Demonstrate appropriate etiquette, care of equipment, and safe behaviors in the activity setting.</p> | <p>11/1 2.3 A B C D 11/1 2.4 A B</p> | <p>Personal Fitness Responsible Behavior</p> | <p>Students will be proficient in the: release • Synovial fluid • Kinesiology • Exercise science • Powerlifting</p> | <p>End of 6 week lifting assessment Bench Squat Clean Deadlift Expected 20lbs.-40lbs. gain in total lifts from past test!</p> |
| <p>January February Week 17-24</p> | <p>Katz Strength Skilled Movement 11/12.1 The student will demonstrate mastery of movement skills and patterns that apply to the selected specialized-movement activity. a) Exhibit a level of proficiency in all basic skills required for the selected activity and the ability to use the skills with consistency in the appropriate setting. b) Demonstrate an understanding of the rules and strategies of the selected activity, and apply them appropriately. Movement Principles and Concepts 11/12.2 The student will apply movement principles and concepts to skill performance of the selected specialized-movement activity. a) Explain and apply selected scientific principles (e.g., physiological, biomechanical) that aid in the improvement of skills and performance in specialized movement forms. b) Integrate movement principles and concepts in order to analyze and improve the performance of self and others in specialized movement forms. Personal Fitness 11/12.3 The student will achieve and maintain a health-enhancing level of physical fitness. a) Participate independently in health-enhancing physical fitness activities. b) Evaluate and adjust activity levels to meet personal fitness goals. c) Design and critique a personal fitness program, using available technology and resources. d) Identify the physical and mental benefits of physical fitness. Responsible Behavior 11/12.4 The student will accept responsibility for taking a leadership role as well as demonstrate the ability to follow in</p> | <p>11/1 2.1 A B 11/1 2.2 A B 11/1 2.3 A B C D 11/1 2.4 A B 11/1 2.5</p> | <p>Skilled Movement Movement Principles and Concepts Personal Fitness Responsible Behavior Physically active Lifestyle</p> | <p>Students will be proficient in the: release • Synovial fluid • Kinesiology • Exercise science • Powerlifting</p> | <p>End of 6 week lifting assessment Bench Squat Clean Deadlift Expected 20lbs.-40lbs. gain in total lifts from past test!</p> |

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| | <p>order to accomplish group goals.</p> <p>a) Evaluate and organize a safe environment for skill practice.</p> <p>b) Demonstrate appropriate etiquette, care of equipment, and safe behaviors in the activity setting.</p> <p>Physically Active Lifestyle</p> <p>11/12.5 The student will participate regularly in health-enhancing physical activities that contribute to personal enjoyment and the attainment and maintenance of personal physical activity goals.</p> | | | | |
| <p>March & April Week25-31</p> | <p>Cross Fit/Core Lifts</p> <p>Skilled Movement</p> <p>11/12.1 The student will demonstrate mastery of movement skills and patterns that apply to the selected specialized-movement activity.</p> <p>a) Exhibit a level of proficiency in all basic skills required for the selected activity and the ability to use the skills with consistency in the appropriate setting.</p> <p>b) Demonstrate an understanding of the rules and strategies of the selected activity, and apply them appropriately.</p> <p>Movement Principles and Concepts</p> <p>11/12.2 The student will apply movement principles and concepts to skill performance of the selected specialized-movement activity.</p> <p>a) Explain and apply selected scientific principles (e.g., physiological, biomechanical) that aid in the improvement of skills and performance in specialized movement forms.</p> <p>b) Integrate movement principles and concepts in order to analyze and improve the performance of self and others in specialized movement forms.</p> <p>Personal Fitness</p> <p>11/12.3 The student will achieve and maintain a health-enhancing level of physical fitness.</p> <p>a) Participate independently in health-enhancing physical fitness activities.</p> <p>b) Evaluate and adjust activity levels to meet personal fitness goals.</p> <p>c) Design and critique a personal fitness program, using available technology and resources.</p> <p>d) Identify the physical and mental benefits of physical fitness.</p> <p>Responsible Behavior</p> <p>11/12.4 The student will accept responsibility for taking a leadership role as well as demonstrate the ability to follow in order to accomplish group goals.</p> <p>a) Evaluate and organize a safe environment for skill practice.</p> <p>b) Demonstrate appropriate etiquette, care of equipment, and safe behaviors in the activity setting.</p> <p>Physically Active Lifestyle</p> <p>11/12.5 The student will participate regularly in health-enhancing physical activities that contribute to personal enjoyment and the attainment and maintenance of personal physical activity goals.</p> | <p>11/1 2.1 A B 11/1 2.2 A B 11/1 2.3 A B C D 11/1 2.4 A B 11/1 2.5</p> | <p>Skilled Movement</p> <p>Movement Principles and Concepts</p> <p>Personal Fitness</p> <p>Responsible Behavior</p> <p>Physically active Lifestyle</p> | <p>Students will be proficient in the:</p> <ul style="list-style-type: none"> • Synovial fluid release • Kinesiology • Exercise science • cardio: aerobic/anaerobic exercise | <p>Combine test: Vertical Broad Jump Bench reps Shuttle</p> |

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| <p>May & June</p> <p>Week 32-36</p> | <p>Wendler: Skilled Movement 11/12.1 The student will demonstrate mastery of movement skills and patterns that apply to the selected specialized-movement activity. a) Exhibit a level of proficiency in all basic skills required for the selected activity and the ability to use the skills with consistency in the appropriate setting. b) Demonstrate an understanding of the rules and strategies of the selected activity, and apply them appropriately. Movement Principles and Concepts 11/12.2 The student will apply movement principles and concepts to skill performance of the selected specialized-movement activity. a) Explain and apply selected scientific principles (e.g., physiological, biomechanical) that aid in the improvement of skills and performance in specialized movement forms. b) Integrate movement principles and concepts in order to analyze and improve the performance of self and others in specialized movement forms. Personal Fitness 11/12.3 The student will achieve and maintain a health-enhancing level of physical fitness. a) Participate independently in health-enhancing physical fitness activities. b) Evaluate and adjust activity levels to meet personal fitness goals. c) Design and critique a personal fitness program, using available technology and resources. d) Identify the physical and mental benefits of physical fitness. Responsible Behavior 11/12.4 The student will accept responsibility for taking a leadership role as well as demonstrate the ability to follow in order to accomplish group goals. a) Evaluate and organize a safe environment for skill practice. b) Demonstrate appropriate etiquette, care of equipment, and safe behaviors in the activity setting. Physically Active Lifestyle 11/12.5 The student will participate regularly in health-enhancing physical activities that contribute to personal enjoyment and the attainment and maintenance of personal physical activity goals.</p> | <p>11/1 2.1 A B 11/1 2.2 A B 11/1 2.3 A B C D 11/1 2.4 A B 11/1 2.5</p> | <p>Skilled Movement Movement Principles and Concepts Personal Fitness Responsible Behavior Physically active Lifestyle</p> | <p>Students will be proficient in the:</p> <ul style="list-style-type: none"> • Synovial fluid release • Kinesiology • Exercise science • Powerlifting | <p>Final Assessment! Bench Squat Clean Deadlift Make Lifting shirt!!!</p> |
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