<table>
<thead>
<tr>
<th>Unit</th>
<th>Concepts &amp; Competencies</th>
<th>Common Assessments</th>
<th>Academic Standards (PA Core if applicable)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unit 1</td>
<td><strong>Bodyweight Workouts</strong>  The students will apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation. The student will evaluate movement forms for appropriate application of scientific and biomechanical principles. The student will incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</td>
<td>➢ Presentation - Students will create their own bodyweight workout and present it to the class</td>
<td>10.5.12.A 10.5.12.E 10.5.12.B</td>
</tr>
<tr>
<td>Unit 2</td>
<td><strong>Plyometric Training</strong>  The students will apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation. The students will evaluate movement forms for appropriate application of scientific and biomechanical principles such safety and proper technique. The students will incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</td>
<td>➢ Self-assessment on performance</td>
<td>10.5.12.A 10.5.12.E 10.5.12.B</td>
</tr>
<tr>
<td>Unit 3</td>
<td><strong>Metabolic Training</strong>  The students will apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation. The students will incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</td>
<td>➢ Project/presentation  ➢ Mp Exam</td>
<td>10.5.12.A 10.5.12.B 10.5.12.E</td>
</tr>
</tbody>
</table>
| Unit 4 | **Circuit Training**  
The students will apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.  
The students will incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.  
The students will evaluate movement forms for appropriate application of scientific and biomechanical principles such as safety and proper technique.  
| ➢ Muscle identification assessment | 10.5.12.A  
10.5.12.E  
10.5.12.B |
| Unit 5 | **Intro to Husker Power Training**  
Students will apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.  
The students will evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.  
The students will evaluate movement forms for appropriate application of scientific and biomechanical principles such as safety and proper technique.  
| ➢ Chart evaluation  
➢ Final Exam | 10.4.12.A  
10.5.12.A  
10.5.12.E  
10.5.12.B |
| Unit 6 | **XXXXXXXXXXX**  
| ➢ XXXXXXXXXX | XXXXXXXX |
| Unit 7 | **XXXXXXXXXXX**  
| ➢ XXXXXXXXXX | XXXXXXXX |