





Cornwall-Lebanon School District Curriculum Overview

Advanced Fitness 1

 length of time in weeks	Concepts & Competencies	Common Assessments	Academic Standards (PA Core if applicable)
Unit 1 	<p style="text-align: center;"><u>Bodyweight Workouts</u></p> <p>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.</p> <p>The student will evaluate movement forms for appropriate application of scientific and biomechanical principles.</p> <p>The student will incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p>	<ul style="list-style-type: none"> ➤ Presentation - Students will create their own bodyweight workout and present it to the class 	10.5.12.A 10.5.12.E 10.5.12.B
Unit 2 	<p style="text-align: center;"><u>Plyometric Training</u></p> <p>The students will students will apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>The students will evaluate movement forms for appropriate application of scientific and biomechanical principles such safety and proper technique.</p> <p>The students will Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p>	<ul style="list-style-type: none"> ➤ Self-assessment on performance 	10.5.12.A 10.5.12.E 10.5.12.B
Unit 3 	<p style="text-align: center;"><u>Metabolic Training</u></p> <p>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.</p> <p>The students will incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p>	<ul style="list-style-type: none"> ➤ Project/presentation ➤ Mp Exam 	10.5.12.A 10.5.12.B 10.5.12.E

		The students will evaluate movement forms for appropriate application of scientific and biomechanical principles such safety and proper technique.		
Unit 4	<input type="checkbox"/>	<p style="text-align: center;">Circuit Training</p> <p>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.</p> <p>The students will incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <p>The students will evaluate movement forms for appropriate application of scientific and biomechanical principles such safety and proper technique.</p>	➤ Muscle identification assessment	10.5.12.A 10.5.12.E 10.5.12.B
Unit 5	<input type="checkbox"/>	<p style="text-align: center;">Intro to Husker Power Training</p> <p>Students will apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>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.</p> <p>The students will evaluate movement forms for appropriate application of scientific and biomechanical principles such safety and proper technique.</p>	<ul style="list-style-type: none"> ➤ Chart evaluation ➤ Final Exam 	10.4.12.A 10.5.12.A 10.5.12.E 10.5.12.B
Unit 6	<input type="checkbox"/>	<p style="text-align: center;"><u>XXXXXXXXXXXXX</u></p> <p>xxxxxx</p>	➤ xxxxxxxx	xxxxxxxxx
Unit 7	<input type="checkbox"/>	<p style="text-align: center;"><u>XXXXXXXXXXXXX</u></p> <p>xxxxxx</p>	➤ xxxxxxxx	xxxxxxxxx