

Cornwall-Lebanon School District Curriculum Overview

Advanced Fitness 2 - 10 & 11th Grade

19 length of time in weeks	Concepts & Competencies	Common Assessments	Academic Standards (PA Core if applicable)
Unit 1 6	<p align="center">Base Phase</p> <p>Students will be able to incorporate & synthesize knowledge of motor skill development concepts to improve the quality of motor skills. Students will be able to incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use. Students will be able to evaluate movement forms for appropriate application of scientific and biomechanical principles.</p>	<ul style="list-style-type: none"> ➤ Quiz: 4 Lifting Points ➤ Test: Base Phase Assessment & Terminology ➤ Self Assessment: Squat technique ➤ Self Assessment: Shoulder Press technique ➤ Test: Joint Movements 	<p>CC.1.A CC.1.B CC.1.C</p>
Unit 2 4	<p align="center">Developmental Phase</p> <p>Students will be able to incorporate & synthesize knowledge of motor skill development concepts to improve the quality of motor skills. Students will be able to incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use. Students will be able to evaluate movement forms for appropriate application of scientific and biomechanical principles.</p>	<ul style="list-style-type: none"> ➤ Self Assessment: Push Press Technique ➤ Self Assessment: Hang Clean ➤ Using water as resistance ➤ Workout Card ➤ MP Exam: Unit 1 & 2 	<p>CC.2.A CC.2.B CC.2.C</p>
Unit 3 4	<p align="center">Peak Phase</p> <p>Students will be able to incorporate & synthesize knowledge of motor skill development concepts to improve the quality of motor skills. Students will be able to incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p>	<ul style="list-style-type: none"> ➤ Project: Exercise Technique Video ➤ Test: 4 Lifting Points Extended ➤ Workout Card 	<p>CC.3.A CC.3.B CC.3.C</p>

	Students will be able to evaluate movement forms for appropriate application of scientific and biomechanical principles.		
Unit 4	<p style="text-align: center;"><u>Developing a Workout</u></p> <p>4 Students will be able to evaluate and engage in a individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>Students will be able to analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>Students will be able to apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>Students will be able to incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p>	<ul style="list-style-type: none"> ➤ SMART Goal Setting ➤ Student developed workout specific to SMART Goals ➤ Workout Card 	<p>CC.4.A</p> <p>CC.4.B</p> <p>CC.4.C</p> <p>CC.4.D</p>
Unit 5	<p style="text-align: center;"><u>Cross Training</u></p> <p>1 Students will be able to apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>Students will be able to evaluate the impact of practice strategies on skill development and improvement.</p> <p>Students will be able to evaluate factors that affect physical activity and exercise preferences.</p> <p>Students will be able to assess and use strategies for enhancing interaction in physical activities (shared responsibility, open communication, goal setting)</p>	<ul style="list-style-type: none"> ➤ Fitness Anywhere ➤ Partner Workouts 	<p>CC.5.A</p> <p>CC.5.B</p> <p>CC.5.C</p> <p>CC.5.D</p>