



Revised: 04/17/19
Board Approved: June 2018

JC Schools Athletic Advanced Strength Training Yearly Standards

Overarching Standards (taught in every unit)

9-12.HM.2.A-1

1. Show personal etiquette, respect, and safety skills during physical activities

Units	Priority Standards	Supporting Standards
Unit 1: FitnessGram Pre-Testing 5 days	9-12.HM.1.A-1,2 1. Use the concepts of health-related and skill-related fitness to connect the benefits each offers to the development of total lifetime fitness 2. Analyze present fitness levels to create a long-term personal fitness plan which meets current and future needs necessary for the maintenance of health and fitness	
Unit 2 Safety, Technique, Procedure and Protocol 7 days	9-12.HM.1.A-1 1. Use the concepts of health-related and skill-related fitness to connect the benefits each offers to the development of total lifetime fitness 9-12.HM.3.A-1 1. Identify the relationship between warm up, cool-down, proper skill techniques, the use of protective equipment, and proper conditioning to exercise-related injuries	
Unit 3:	9-12.HM.1.D Identify the major muscle groups that are engaged	9-12.PA.2.A Analyze skill techniques of self and others, detect skill

Weight Training 151 days	during specific exercises and activities (e.g., bicep – bicep curl) 9-12.HM.1.A-1 1. Use the concepts of health-related and skill-related fitness to connect the benefits each offers to the development of total lifetime fitness	errors, and make corrections to show improvement (e.g., peer assessment)
Unit 4: FitnessGram Post-Testing 5 days	9-12.HM.1.A-1,2 1. Use the concepts of health-related and skill-related fitness to connect the benefits each offers to the development of total lifetime fitness 2. Analyze present fitness levels to create a long-term personal fitness plan which meets current and future needs necessary for the maintenance of health and fitness	