



JC Schools Body Conditioning I 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 6 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: Weight Training	9-12.HM.1.D Identify the major muscle groups that are engaged during specific exercises and activities (e.g., bicep –	9-12.PA.2.A Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement

68 Days	<p>bicep curl)</p> <p>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</p>	(e.g., peer assessment)
<p>Unit 4:</p> <p>FitnessGram</p> <p>Post-Testing</p> <p>5 days</p>	<p>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</p> <p>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</p>	