

BCCS
10th, 11th, 12th – ADVANCED PHYSICAL EDUCATION
 (Revised 4-08)

Month	Content What topic(s) is being covered and what is the important vocabulary? What do students need to know		Skills What do students have to be able to do connected to the Content?	Essential Questions What are fundamental, enduring questions that will guide study and instruction?	Standards/ Benchmarks What benchmarks are met through this topic?	Instruction What activities are used to develop the skills and knowledge?	Resources What materials, texts, videos, internet, software, or human resources support instruction?	Assessment What evidence (products and/or performances) is collected to establish that the Content and Skills have been learned?
September - June	<p>Topic:</p> <p>This class is designed for the student and/or athlete who wants to maintain a healthy life style or develop their physical capacity on a daily basis.</p> <p>Weights & Conditioning</p>	<p>Vocabulary:</p> <ul style="list-style-type: none"> ▪ Squat ▪ Leg Press ▪ Bench Press ▪ Leg Curls ▪ Neck Machine ▪ Incline Press ▪ Decline Press ▪ Bicep ▪ Tricep ▪ Deadlift ▪ Lat Pulls ▪ Bent Over Rows ▪ Calf Raise ▪ Spotting 	<p>Explain the various steps that must be followed in order to maintain proper safety while weight training & conditioning.</p> <p>Demonstrate the proper technique to be used while spotting a person weight lifting.</p> <p>Demonstrate the proper technique to be used when lifting weights.</p> <p>Identify the muscles being exercised when weight lifting.</p> <p>Explain the importance of maintaining physical fitness.</p>	<p>What methods in weight training & conditioning must be observed in order to assure proper safety is being maintained?</p> <p>What is the proper technique in spotting a person lifting weights?</p> <p>What is the proper technique in a variety of weight lifting exercises?</p> <p>What muscles are being exercised when weight lifting?</p> <p>Why is it important to maintaining a physically fit lifestyle?</p>	3 4	<p>Monday's, Tuesday, Thursday's & Friday's will be devoted to Weight Training</p> <p>Wednesday's will be devoted to Conditioning (Cardio-vascular activities that include; football, soccer, speedball, floor hockey, etc.)</p> <p>Teacher will demonstrate the proper technique of spotting a person lifting weights.</p> <p>Teacher will demonstrate the proper technique used when lifting weights.</p> <p>Teacher will demonstrate the proper technique to be used when performing a variety of exercises.</p> <p>Teacher will maintain a daily log, or chart or journal that records their daily workout progress.</p>	<p><u>Weight room</u></p> <p><u>Videos</u> Bigger, Stronger Faster</p> <p><u>Clinics</u> Bigger, Stronger Faster clinic (for both instructor & students)</p> <p><u>Library sources</u></p> <p><u>Study guide</u> Created by instructor that will include: Muscle parts Anatomy Human body Skeletal system</p>	<p>Teacher observation</p> <p>Nine (9) week evaluation of daily logs of their workout progress.</p> <p>Written test Identify the muscles of the body and match the muscle with the variety of exercises.</p> <p>Participation</p>