

# Ganado Unified School District #20

## Weights 9th-12th

### PACING Guide SY 2022-2023

Timeline & Resources	AZ Standard	Essential Questions	Learning Goal	Vocabulary
<p>1<sup>st</sup> Quarter (5 weeks)</p> <p><a href="http://WWW.teachfitnessconcepts.com">WWW.teachfitnessconcepts.com</a></p> <p>Pictures Video presentation</p>	<p>STANDARD # 1 Demonstrate competency in motor skills and movement patterns needed to perform a variety of Physical activities</p> <p>Concept 2. PO 1 Design and perform a variety of rhythmic activities that combine refinement of specialized skills.</p>	<p>What are the different Elements of rhythmic Activities?</p> <p>What are rhythmic skills?</p> <p>What Rhythmic Skills will I choose?</p> <p>How do I perform it in class?</p> <p>Why is endurance important to total body fitness?</p> <p>What are different types of low resistance exercise?</p>	<p>I will identify different rhythmic activities.</p> <p>I will perform examples of rhythmic activities.</p>	<p>Aerobics</p> <p>Non – Stop Physical Activities with cardio</p> <p>Miles</p> <p>Endurance Resistance Isokinetic Respiration Power Proprioceptive neuromuscular facilitation (PNF stretch)</p> <p>Static Contraction Sub maximum Supination</p>
	<p>Concept 3. PO 1 Demonstrate competency (basic skills, strategies and rules) in an increasing number of complex versions of at least three different movements.</p>	<p>How does movement, muscle stretching, doing sit-ups, push-ups and pull-ups increase body strength and overall health?</p>	<p>I will learn four basic lifts a day with competency until done correctly</p>	<p>Lift Muscles Dynamic stretching Power Clean Posture</p>

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				Tension Balance Spotting Radial pulls Resistance
Concept 3 PO 2 When engaged in peer teaching, adequately apply knowledge apply knowledge about skills to reinforce or correct one's own performance.	How can people protect themselves sore muscles or injury from over exercising?  Why do we have to be responsible for our own behavior?	I will understand that spotting is an important part of lifting process.  I will demonstrate correct spotting correctly.	Weight room safety Routines Energy Cardiovascular Antagonist Target heart rate	
Concept 3 PO 3 Evaluate the critical elements of a skill.	What are acceptable behaviors during Weight Lifting?  Give examples of acceptable behaviors and unacceptable behaviors in Weight Class?  Why is personal space important when performing any type of routine exercise in the weight room?	I will list down correct procedure of lifting techniques.	Clean Hang Squat Thrust Push Pull Ballistic Movement	
Concept 3 PO 4 Compare and contrast the strengths and weaknesses of highly skilled performances.	Why should every student what is the differences between strength and weakness to highly skilled performances?  List down answers using your compare and contrast worksheet.	Analyze the strengths and weaknesses of the following highly skilled performances:  1. Squats 2. Plyometric 3. Thrust	Squats Plyometric Thrust Ballistic movement Expiration	


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	<p>Concept 3 PO 5 Apply discipline specific information to individual performance.</p>	<p>Why is discipline essential in weight training?</p> <p>How do I discipline myself?</p> <p>Why do I need to know the danger of the environment in the weight room?</p>	<p>I will learn to cooperate and respect other students in dangerous environment.</p>	<p>Discipline Performance Safety Rules First Aid</p>
	<p>Concept 3 PO 6 Demonstrate the biochemical concepts and principle of a skill/set of skills.</p>	<p>What is weight training?</p> <p>How do I perform weight Training?</p>	<p>I will perform some compression force activities like squats and bench presses as well as tension force activities like arm curl.</p>	<p>Biochemical Concepts Skills Nutrition Tension force Compression force</p>
	<p>Concept 3 PO 7 Use coaching information to improve performance.</p>	<p>How can strength be improved throughout the body?</p> <p>Why are different types of programs important in strength training?</p> <p>Why are the components of the F.I.T. principle important in Muscle strength?</p>	<p>I will list down different techniques in performing strength training.</p> <p>I will apply techniques in circuit training activity.</p>	<p>Circuit training Techniques Strength training</p>
	<p>Concept 3 PO 8 Design a plan for self-improvement of a specific movement skill</p>	<p>What will you focus in your calendar improvement chart? Why?</p> <p>List it down.</p>	<p>I will make focus calendar (Improvement charts)</p>	<p>Maximum endurance Schedules Time management</p>
<p>2<sup>nd</sup> Quarter (5 weeks)</p>	<p>STANDARD # 2</p>	<p>Why is flexibility important?</p> <p>How do I develop flexibility?</p>	<p>I will describe techniques for the following lifts:  1.military press</p>	<p>Trapezius Latissimus Dorsi Biceps</p>

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<p><a href="https://www.youtube.com/results?search_query=fitness+programming+">https://www.youtube.com/results?search_query=fitness+programming+</a></p>	<p>Concept 1 PO 1 Research and critique highly skilled performance or performances.</p>		<p>2.bench press 3. Leg press 4. Curl ups 5. Pull down 6.upright rows 7.seated rows leg curl</p>	<p>Quadriceps Gluteus Maximus Tibias Anterior Gastronomes Soleus</p>
<p>Fitness charts Modeling</p>	<p>Concept 1 PO 2 Incorporate the principles of biomechanics and kinesiology to the personal fitness.</p>	<p>What is the difference between compound exercise and Isolated exercise? (Compare and contrast)</p>	<p>I will understand the compound exercise as well as isolated exercise.</p>	<p>Concentric contraction Isolated movements</p>
	<p>Concept 2 PO 1 Explain and apply the principles of training.</p>	<p>How do I apply circuit -training activity in my daily activities?</p> <p>What is circuit training? What are the different aerobic intensity fundamentals?</p> <p>Will you apply it? Why?</p>	<p>I will learn and apply the circuit training activity.</p> <p>I will learn and apply the aerobic intensity fundamentals.</p>	<p>Aerobic frequency Aerobic duration Repetition Resistance</p>
	<p>Concept 2 PO 3 Identify and explain how different physical activities contribute to specific health related and or skill – related physical fitness.</p>	<p>What are the different types of flexibility regiments?</p> <p>Why is full R.O.M. or range of movement important?</p>	<p>I will identify the following exercises</p> <ol style="list-style-type: none"> <li>1. Isometric</li> <li>2. Isokinetic</li> <li>3. Aerobic</li> <li>4. Non- aerobic</li> </ol>	<p>Aerobic Volume Duration Repetition velocity Tempo – training Eccentric Concentric</p>
	<p>Concept 2 PO 4 Demonstrate knowledge of physiological changes that result from physical activity participation.</p>	<p>What is the difference between muscular strength and endurance?</p> <p>How do I increase my muscular strength and endurance?</p>	<p>I will identify concepts that contribute to metabolism.</p> <p>I will list down physiological changes in my</p>	<p>Physiological changes Muscle percentage Body mass Muscle mass Nutrition</p>



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			body as a result for the physical activity participation in weight class.	Muscle enhancer
<p>Concept 2 PO 5 Design a personal fitness program that</p> <ol style="list-style-type: none"> <li>1. Will lead to or maintain an acceptable level of health – related fitness</li> <li>2. Is based on an understanding of training principles individual skill levels and availability of resources.</li> </ol> <p>The plan will include: write program goal, design program, follow program monitor and adjust program.</p>	<p>What are nutrients?</p> <p>What are the daily nutritional requirements?</p> <p>How will proper nutrition affect my level of Wellness?</p> <p>How do you recognize and address eating disorders?</p>	<p>1. I will plan aerobic training program.</p> <p>2. I will design strength training chart</p> <p>3. I will list down nutrition alternatives.</p>	<p>Aerobic training</p> <p>Nutrition alternatives</p> <p>Hypertrophy</p> <p>Hyperplasia</p> <p>Atrophy</p>	
<p>Concept 2 PO 7 Identify and describe products that enhance or prohibit the levels of physical activity.</p>	<p>What strategies assist in making healthy food and drink choices?</p>	<p>I will identify the list down the nutritional values of a foods/products like:</p> <ol style="list-style-type: none"> <li>1. Proteins</li> <li>2. Total fat</li> <li>3. Cholesterol</li> <li>4. Sodium</li> <li>5. Body mass</li> </ol>	<p>Metabolism</p> <p>Cholesterol</p> <p>Bone density</p> <p>Bone density</p> <p>Cardiac functions</p> <p>Fat consumptions</p> <p>Protein consumptions</p> <p>Joint function</p> <p>Skeletal muscles</p> <p>Muscular contraction</p>	

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	<p>Concept 2 PO 9 Identify Strategies or prevention and or care of injuries that occur during physical activity.</p>	<p>How do you do correct spotting procedure? Why is correct spotting important? What are different safety weight room procedures? Why is it important to learn?</p>	<p>I will demonstrate correct spotting procedures.  I will list down and understand the concepts of weight room safety procedures.</p>	<p>Circuit training Intensity Volume Periodization Methods Equipment Safety Tear down and heal concept</p>
	<p>Concept 2 PO 8 Identify consumer issues related to selection, purchase, care maintenance of personal fitness equipment.</p>	<p>How does knowledge of the purpose and care of equipment help create responsible physical education participants?  What are the qualities of the following Physical equipment? Do you think it can it your physical training activities? Why?</p> <ol style="list-style-type: none"> <li>1. Tread mill</li> <li>2. Stationary bike</li> <li>3. Leg press</li> <li>4. Medicine balls</li> <li>5. Mats</li> </ol>	<p>I will review and list down the pros and cons of purchasing fitness equipment.  I will understand the certain qualities of different physical equipment like:</p> <ol style="list-style-type: none"> <li>6. Tread mill</li> <li>7. Stationary bike</li> <li>8. Leg press</li> <li>9. Medicine balls</li> <li>10. Mats</li> </ol>	<p>Purchasing Equipment Safety Fitness Productivity Skill level</p>
	<p>Concept 3 PO 1 Apply and evaluate appropriate practice procedures and plans aimed at developing/improving technical motor skills and movement patterns correctly</p>	<p>What does the following movement patterns do to your muscle?  Name the muscle and why?</p> <p>Bench Military</p>	<p>I will summarize and demonstrate the steps in the following movements patterns. (Oral /modeling)</p> <ol style="list-style-type: none"> <li>1. Bench</li> <li>2. Military</li> </ol>	<p>Circuit training Aerobic training Isometric training Isokinetic training Plyometric activity Strength activity</p>

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		<p>Throw over</p> <p>Skull crusher</p> <p>Curl ups</p> <p>Pull downs</p> <p>Upright rows</p> <p>Seated rows</p> <p>Squats</p> <p>Leg curl</p> <p>Leg press</p> <p>Aerobic</p>	<p>3. Throw over</p> <p>4. Skull crusher</p> <p>5. Curl ups</p> <p>6. Pull downs</p> <p>7. Upright rows</p> <p>8. Seated rows</p> <p>9. Squats</p> <p>10. Leg curl</p> <p>11. Leg press</p> <p>12. Aerobic</p>	
	<p>Concept 3 PO 2 Create and evaluate a new game that incorporates at least two motor skills rules strategies tactics and can be played fairly by all students including those with disabilities.</p>	<p>Why is important to have a safe environment before starting a game?</p> <p>Why should the game be safe?</p> <p>Why does the game you choose have to have boundaries?</p> <p>What is the importance of having rules for creative games or any game?</p>	<p>I will design and play new games like:</p> <ol style="list-style-type: none"> <li>1. Bench rep. game</li> <li>2. Jump rope endurance game</li> <li>3. Push –up game</li> <li>4. Obstacle course</li> </ol>	<p>Safety</p> <p>Evaluate</p> <p>Tactics</p> <p>Orthopedically</p> <p>Handicapped</p>
	<p>Concept 3 PO3 Demonstrate and critique at least two games that involved in modified game played.</p>	<p>Why is cooperation important in games and in life?</p> <p>What is the purpose for rules of play in athletic or competitive sports?</p> <p>How do class rules and team rules help make competitive sports and individual sports more enjoyable?</p>	<p>I will list and analyzed rules for modified games.</p> <p>I will model / play games with modified rules.</p> <ol style="list-style-type: none"> <li>1. Modified circuit training</li> <li>2. Modified pull up games</li> </ol>	<p>Progressive</p> <p>Resistance</p> <p>Lateral</p> <p>Fatigue</p> <p>Tension</p>

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		What does good sportsmanship look like?		
	Concept 3 PO 4 Select examples of tactics used in a game that leads to successful play.	How does cooperation in games impact the final outcome?	I will list strategies how to win in a game.	Tactics Rules
3 <sup>rd</sup> Quarter (4 weeks) <a href="https://www.youtube.com/results?search_query=weight+training+program">https://www.youtube.com/results?search_query=weight+training+program</a> Video clip presentation Weight chart	Standard 3  Concept 1 PO 1 Participate in instructionally- appropriate moderate to vigorous physical activity for at least 50% of structured physical education class.	How do you perform the following weight room training?  What benefit does it give to your body? <ol style="list-style-type: none"> <li>1. Aerobic training</li> <li>2. Circuit training</li> <li>3. Anaerobic training</li> <li>4. Endurance activity</li> <li>5. Power lifting</li> <li>6. Body building</li> </ol>	I will perform the following structured weight room training activities  <ol style="list-style-type: none"> <li>1. Aerobic training</li> <li>2. Circuit training</li> <li>3. Anaerobic training</li> <li>4. Endurance activity</li> <li>5. Power lifting</li> <li>6. Body building</li> </ol>	Muscle overload Form Repetitions Sets tempo Rows Pull downs Buddy reps.
	Concept 1 PO2 Engaged in balance of health and skill related activities during structured physical education classes	Why is nutrition concepts related to weight training goal?	I will identify nutrition concepts related weight-training goal and be engaged.	Protein Cholesterol Fat Diet
	Concept 1 PO 3 Participate in a variety of physical activities appropriate for maintaining or enhancing a healthy active lifestyle.	How do I maintain an overall level of fitness?	I will engage in weight room activities such as:  <ol style="list-style-type: none"> <li>1. Aerobic training</li> <li>2. Circuit training</li> <li>3. Strength training</li> </ol>	Tempo Endurance Cardio vascular exercise Aerobic fitness Anaerobic fitness
	Concept 2 PO 1 Demonstrate an active lifestyle through documentation of daily activities.	Did my overall fitness improve?  How do we assess our progress and check to see if goals were met?	I will design / make my daily log exercise routine.	Progressive overload One rep max Overtraining Circuit training



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		What have we learned during the 18-week course?	I will record the progress of my weight training routine.	Split training Intensity volume and frequency Obesity
	Concept 2 PO 2 Demonstrate the ability to monitor and adjust activity to meet personal physical activity needs.	How do I maintain and/or improve my fitness levels?	I will modify and record my weight training activity.	Periodization Progress Designing workouts
	Concept 2 PO 3 Participate in Physical Activities that contribute to the attainment of personal goals and maintenance of lifetime wellness.	<p>What is my fitness level?</p> <p>What are my strengths and weaknesses?</p> <p>How can I improve my weaknesses?</p> <p>What is the importance of cardiovascular fitness?</p> <p>What activities will improve my level of cardiovascular fitness?</p>	<p>I will plan an annual personal fitness calendar.</p> <p>I will list down home activities that provides cardio vascular fitness.</p> <p>I will record and update my personal fitness calendar for charting progress.</p>	<p>Annual fitness</p> <p>Equipment</p> <p>Anaerobic lifting</p> <p>Aerobic lifting</p> <p>Oxygen depth</p> <p>Peak heart rate</p> <p>Nutrition</p> <p>Pronation</p>

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<p>Standard 4</p> <p>Concept 1 PO1 Perform nationally recognized criterion – referenced health related fitness assessment that includes aerobic fitness, muscular strength, muscular endurance, flexibility and body composition.</p>	<p>Why should students want to perform each fitness test component?</p> <ol style="list-style-type: none"> <li>1. One rep max test</li> <li>2. Sit up and push up test</li> <li>3. Pull up test</li> <li>4. Arm forces test</li> <li>5. National Strength and conditioning test</li> </ol> <p>What is the importance of having a score on each test component?</p>	<p>I perform the following test:</p> <ol style="list-style-type: none"> <li>6. One rep max test</li> <li>7. Sit up and push up test</li> <li>8. Pull up test</li> <li>9. Arm forces test</li> <li>10. National Strength and conditioning test</li> </ol>	<p>Endurance One rep max Assessment Max Pull up assessment Push up assessment Sit ups assessment Flexibility Body composition</p>
<p>Concept 1 Po 5 Compare and contrast safe and risky exercise and demonstrate safe exercise alternatives.</p>	<p>How can people protect themselves from sore muscles or injury from over exercising?</p>	<p>I will describe which weight room activities require a spotter.</p>	<p>Squats Inclined bench Bench press Arm curl Ply o press Specificity Spot reducing</p>
<p>Concept 1 PO 6 Devise a plan to reduce risk and possible injury.</p>	<p>How can people protect themselves from sore muscles or injury from over exercising?</p>	<p>I will explain cool down and warm up concepts as well as stretching.</p>	<p>Dehydration Duration Cool down Warm up Energy</p>

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<p>4<sup>th</sup> Quarter (4 weeks)</p> <p><a href="https://www.youtube.com/results?search_query=fitness+programs">https://www.youtube.com/results?search_query=fitness+programs</a></p> <p><a href="https://www.youtube.com/results?search_query=yoga+programs">https://www.youtube.com/results?search_query=yoga+programs</a></p>	<p>Strand 5</p> <p>Concept 1 PO 1 Apply safe practices rules procedures and etiquette in all physical activity settings.</p>	<p>How can people protect themselves from sore muscles or injury from over exercising?</p>	<p>I will identify the right spotting techniques and weight room safety techniques.</p>	<p>Fatigue Overload Flexibility Expiration Energy endurance</p>
	<p>Concept 1 PO 3 Initiate independent and responsible personal behavior in Physical activity settings.</p>	<p>Where does one's personal space end and someone else's space begin?</p>	<p>I will participate in circuit training activity.</p>	<p>Circuit training Fatigue Fitness Hamstring Heat exhaustion</p>
	<p>Concept 1 PO 4 Recognized the level of risk in various sports and activities.</p>	<p>Why do we have to responsible for our own behavior?  Why are consequences for not following rules necessary?</p>	<p>I will list 5 risk in various Physical Activities.  I will write a summary in the level of risk in different activities in the weight room.</p>	<p>Spotter Attention Awareness Rules safety</p>
	<p>Concept 2 PO 1 Participate in learning group with a wide variety of diverse members.</p>	<p>How do I cooperate with diverse learner in the group?  Why is it important to cooperate from your group?</p>	<p>I will cooperate in a group with a diverse students.</p>	<p>Diverse learner Modified weight training respect</p>
	<p>Concept 2 PO 3 Resolve conflict in appropriate ways.</p>	<p>Why resolving conflict essential?  How can you solve conflict in a group?</p>	<p>I will identify steps to resolve conflict in a group.</p>	<p>Conflict Argument Peer mediation Resolution</p>
	<p>Concept 2 PO 5 Explain and create a Physical activity that demonstrate a safe environment for self and others.</p>	<p>Why safety and precaution important in the weight room?</p>	<p>I will design and explain weight room activities that demonstrate safe environment.</p>	<p>Environment Safety Weight room procedures Safety guidelines</p>

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				Attention
	Concept 2 PO 6 Design and instruct a sports or fitness activity from a different ethnicity or culture.	Are students demonstrating an overall level of fitness on the following program? <ol style="list-style-type: none"> <li>1. Yoga</li> <li>2. circuit training modified</li> <li>3. body building</li> <li>4. powerlifting</li> </ol>	I will create and model a fitness activity program like. <ol style="list-style-type: none"> <li>1. Yoga</li> <li>2. circuit training modified</li> <li>3. body building</li> <li>4. powerlifting</li> </ol>	Modeling Fitness Maximal heart rate Nutrition Aerobic Peak heart rate Physical fitness Movement coordination
	Standard 6 Concept 1 PO 1 Identify attitudes associated with regular participation in physical activity and or in fitness development activities	What attitudes should you possess in participating fitness program activities?  Why?	I will list 5 attitudes associated in participating fitness program activities.	Punctuality Discipline Honesty Dedication determination
	Concept 2 PO 2 Select and participate in physical activities that are personally meaningful.	What are the different weight room activities that is meaningful to you? Explain? What will you choose and why is it meaningful to you?	I will identify weight room activities that are meaningful.  I will choose meaningful weight room activities.	Weight room activities
	Concept 2 PO 3 Examine the role motivation prioritizing, dedication and self-discipline play in fitness development.	What is a written narrative?  Why is important that the writing matches the routine that you will be performing in evaluating the role of fitness development?	I will evaluate the role of fitness development like:  <ol style="list-style-type: none"> <li>1. goal setting</li> <li>2. motivating factor</li> <li>3. self-discipline</li> <li>4. Dedication</li> </ol>	Motivation Priority Diet Fitness development



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	<p>Concept 2 PO 5 strategize ways to overcome obstacles to regular participation in Physical Activities</p>	<p>What strategies and techniques will you do when participating in Physical activities? Why are these techniques important to you?</p>	<p>I will list 5 strategies or techniques to attend comply with perpetual participation in Physical Activities.</p>	<p>Time management Focus Intensity Planning</p>
	<p>Concept 2 PO 6 Explain how an understanding of self-efficacy and self-esteem is related to physical activity and the ability to use self-management skills necessary for developing both.</p>	<p>Why is it important to learn weight training? How is the following term related to weight training? Self-efficacy Self esteem Self-management skills</p>	<p>I will write a summary on the following topic in relation to weight training.</p> <ol style="list-style-type: none"> <li>1. Understanding self-efficacy</li> <li>2. Understanding self esteem</li> <li>3. Self-management skills</li> </ol>	<p>Self-efficacy Self esteem Self-management skills</p>
	<p>Concept 2 PO 7 Reflect upon the mental benefits of participation in Physical Activity.</p>	<p>What are the mental benefits of participating in Physical activity in the weight room? Explain your answer?</p>	<p>I will list down 10 mental benefits of participation in Physical activity in the weight room.</p>	<p>Reflections Benefits Physical activity</p>
	<p>Concept 2 PO 8 Examine one's own feelings in having accomplished personal fitness goals or failure to reach such goal.</p>	<p>What changes have taken place in student physical activity patterns and what has been the impact on their health and school achievements?  What opportunities are available within and outside of school for 9<sup>th</sup> grade students to stay physically active and healthy?  What can be done to help students more effectively meeting their fitness goals?</p>	<p>I will analyze personal goal setting attitude in accomplishing fitness goals.</p>	<p>Accomplishment Goal Failure Fitness Training programs</p>

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