

High School Weight Training Curriculum Mapping Template

Timeframe	Essential Question	Vocabulary	Standard(s)	Assessment(s)	Educational Resources
Weight Training	<p>1. Why do people choose the physical activities they participate in over a lifetime?</p> <p>2. How can participation in physical activity enhance MY life?</p> <p>3. How can you enhance the quality of movement for lifelong participation in physical activity?</p> <p>4. What knowledge is necessary to create a personal fitness program?</p> <p>5. How do scientific principles, biomechanical principles and practice strategies influence movement forms?</p> <p>6. What knowledge is needed to select an appropriate response in a variety of physical activities?</p>	<p>Muscle</p> <p>Endurance</p> <p>Muscle</p> <p>Strength</p> <p>Rep</p> <p>Set</p> <p>Cardiorespiratory Endurance</p> <p>Agility</p> <p>Flexibility</p> <p>Power</p> <p>Isometric</p> <p>Isotonic</p> <p>Isokinetic</p> <p>Balance</p> <p>Coordination</p> <p>Bar</p> <p>Plate</p> <p>Bar Clips</p>	<p>10.4.12A</p> <p>10.4.12D</p> <p>10.5.12A</p> <p>10.4.12B</p> <p>10.5.12D</p> <p>10.5.12.E</p>	<p>Skills Test</p> <p>Visual/Teacher</p> <p>Observation</p> <p>Participation</p>	<p>pecentral.com</p> <p>shapeamerica.org</p> <p>psahperd.org</p> <p>NASPE</p>