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| **Q1** | **Core Standard Expectations** | **Middle School Guide** |
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| WEEK 1 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Personal and Social Responsibility | Identify common injuries, prevention strategies, and appropriate first aid techniques  Describe proper dress and dress accordingly  Select appropriate equipment and use properly |
|  | *Movement Concepts and* Principles for Fitness and Conditioning | Identify three components of an effective fitness program and describe appropriate exercises for each component  Explain the importance of a proper warm-up and perform proper warm-up exercises  Execute proper workouts focusing on the basic exercise  principles, the FITT formula and target heart rate  Complete proper cool-down and explain the importance  Correctly demonstrate and use various weight training techniques |
|  | Motor Skill Development for Fitness and Conditioning | Self-Assessment of Fitness  Develop and implement a personal fitness plan |
|  | Fitness and Conditioning | Health Related Components of Fitness |
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| WEEK 2 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Personal and Social Responsibility | Identify common injuries, prevention strategies, and appropriate first aid techniques  Describe proper dress and dress accordingly  Select appropriate equipment and use properly |
|  | *Movement Concepts and* Principles for Fitness and Conditioning | Identify three components of an effective fitness program and describe appropriate exercises for each component  Explain the importance of a proper warm-up and perform proper warm-up exercises  Execute proper workouts focusing on the basic exercise  principles, the FITT formula and target heart rate  Complete proper cool-down and explain the importance  Correctly demonstrate and use various weight training techniques |
|  | Motor Skill Development for Fitness and Conditioning | Self-Assessment of Fitness  Develop and implement a personal fitness plan |
|  | Fitness and Conditioning Skills | Health Related Components of Fitness |
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| WEEK 3 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for all  Make conscious decisions about applying rules, procedures, and etiquette  Cooperate with peers, peers with disabilities, and those of different gender, race, and ethnicity  Model appropriate personal and social behavior in physical activity  Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings  Analyze potential consequences when confronted with a behavior choice  Respect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and  Principles for Invasion Games | **Invasion games**: Basketball, Soccer, Speedball, Team handball, Ultimate Frisbee, Flag/touch football, Field/floor hockey, Lacrosse  Use offensive and defensive strategies while playing in game situation  Identify and analyze the characteristics of highly skilled performance  Develop and apply more advanced movement and game strategies |
|  | Movement Skills  Motor Skill Development for Invasion Games | Demonstrate mature form for all basic manipulative, locomotor, and non-locomotor skills  Utilize knowledge, skills, and strategies to participate in a variety of sports and game activities  Show increasing competence in more advanced specialized skills  Demonstrate competence in modified versions of a variety of movement forms  Combine skills competently to participate in modified versions of invasion games |
|  | Fitness Skills  Fitness and Conditioning Skills | Perform basic stretching/flexibility exercises  Perform strength exercises  Perform endurance exercises  Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 4 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for all  Make conscious decisions about applying rules, procedures, and etiquette  Cooperate with peers, peers with disabilities, and those of different gender, race, and ethnicity  Model appropriate personal and social behavior in physical activity  Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings  Analyze potential consequences when confronted with a behavior choice  Respect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and  Principles for Invasion Games | **Invasion games**: Basketball, Soccer, Speedball, Team handball, Ultimate Frisbee, Flag/touch football, Field/floor hockey, Lacrosse  Use offensive and defensive strategies while playing in game situation  Identify and analyze the characteristics of highly skilled performance  Develop and apply more advanced movement and game strategies |
|  | Movement Skills  Motor Skill Development for Invasion Games | Demonstrate mature form for all basic manipulative, locomotor, and non-locomotor skills  Utilize knowledge, skills, and strategies to participate in a variety of sports and game activities  Show increasing competence in more advanced specialized skills  Demonstrate competence in modified versions of a variety of movement forms  Combine skills competently to participate in modified versions of invasion games |
|  | Fitness Skills  Fitness and Conditioning Skills | Perform basic stretching/flexibility exercises  Perform strength exercises  Perform endurance exercises  Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 5 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for all  Make conscious decisions about applying rules, procedures, and etiquette  Cooperate with peers, peers with disabilities, and those of different gender, race, and ethnicity  Model appropriate personal and social behavior in physical activity  Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings  Analyze potential consequences when confronted with a behavior choice  Respect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and  Principles for Invasion Games | **Invasion games**: Basketball, Soccer, Speedball, Team handball, Ultimate Frisbee, Flag/touch football, Field/floor hockey, Lacrosse  Use offensive and defensive strategies while playing in game situation  Identify and analyze the characteristics of highly skilled performance  Develop and apply more advanced movement and game strategies |
|  | Motor Skill Development for Invasion Games | Demonstrate mature form for all basic manipulative, locomotor, and non-locomotor skills  Utilize knowledge, skills, and strategies to participate in a variety of sports and game activities  Show increasing competence in more advanced specialized skills  Demonstrate competence in modified versions of a variety of movement forms  Combine skills competently to participate in modified versions of invasion games |
|  | Fitness and Conditioning Skills | Perform basic stretching/flexibility exercises  Perform strength exercises  Perform endurance exercises  Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 6 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for all  Make conscious decisions about applying rules, procedures, and etiquette  Cooperate with peers, peers with disabilities, and those of different gender, race, and ethnicity  Model appropriate personal and social behavior in physical activity  Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings  Analyze potential consequences when confronted with a behavior choice  Respect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and  Principles for Invasion Games | **Invasion games**: Basketball, Soccer, Speedball, Team handball, Ultimate Frisbee, Flag/touch football, Field/floor hockey, Lacrosse  Use offensive and defensive strategies while playing in game situation  Identify and analyze the characteristics of highly skilled performance  Develop and apply more advanced movement and game strategies |
|  | Motor Skill Development for Invasion Games | Demonstrate mature form for all basic manipulative, locomotor, and non-locomotor skills  Utilize knowledge, skills, and strategies to participate in a variety of sports and game activities  Show increasing competence in more advanced specialized skills  Demonstrate competence in modified versions of a variety of movement forms  Combine skills competently to participate in modified versions of invasion games |
|  | Fitness and Conditioning Skills | Perform basic stretching/flexibility exercises  Perform strength exercises  Perform endurance exercises  Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
| WEEK 7 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills  Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for all  Make conscious decisions about applying rules, procedures, and etiquette  Cooperate with peers, peers with disabilities, and those of different gender, race, and ethnicity  Model appropriate personal and social behavior in physical activity  Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings  Analyze potential consequences when confronted with a behavior choice  Respect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and Principles for Net/Wall Games | **NET & WALL GAMES:** Volleyball, Badminton, Pickleball/paddleball, Table tennis, Tennis, or Handball  Use offensive and defensive strategies while playing in game situation  Identify and analyze the characteristics of highly skilled performance  Develop and apply more advanced movement and game strategies |
|  | Movement Skills  Motor Skill Development for Net/Wall Games | Demonstrate mature form for all basic manipulative, locomotor, and non-locomotor skills  Utilize knowledge, skills, and strategies to participate in a variety of sports and game activities  Show increasing competence in more advanced specialized skills  Demonstrate competence in modified versions of a variety of movement forms  Combine skills competently to participate in modified versions of net and wall games |
|  | Fitness Skills | Perform stretching/flexibility exercises  Perform strength exercises  Perform endurance exercises  Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 8 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills  Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for all  Make conscious decisions about applying rules, procedures, and etiquette  Cooperate with peers, peers with disabilities, and those of different gender, race, and ethnicity  Model appropriate personal and social behavior in physical activity  Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings  Analyze potential consequences when confronted with a behavior choice  Respect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and Principles for Net/Wall Games | **NET & WALL GAMES:** Volleyball, Badminton, Pickleball/paddleball, Table tennis, Tennis, or Handball  Use offensive and defensive strategies while playing in game situation  Identify and analyze the characteristics of highly skilled performance  Develop and apply more advanced movement and game strategies |
|  | Movement Skills  Motor Skill Development for Net/Wall Games | Demonstrate mature form for all basic manipulative, locomotor, and non-locomotor skills  Utilize knowledge, skills, and strategies to participate in a variety of sports and game activities  Show increasing competence in more advanced specialized skills  Demonstrate competence in modified versions of a variety of movement forms  Combine skills competently to participate in modified versions of net and wall games |
|  | Fitness Skills | Perform stretching/flexibility exercises  Perform strength exercises  Perform endurance exercises  Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 9 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Social Skills  Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for all  Make conscious decisions about applying rules, procedures, and etiquette  Cooperate with peers, peers with disabilities, and those of different gender, race, and ethnicity  Model appropriate personal and social behavior in physical activity  Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings  Analyze potential consequences when confronted with a behavior choice  Respect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and Principles for Net/Wall Games | **NET & WALL GAMES:** Volleyball, Badminton, Pickleball/paddleball, Table tennis, Tennis, or Handball  Use offensive and defensive strategies while playing in game situation  Identify and analyze the characteristics of highly skilled performance  Develop and apply more advanced movement and game strategies |
|  | Motor Skill Development for Net/Wall Games | Demonstrate mature form for all basic manipulative, locomotor, and non-locomotor skills  Utilize knowledge, skills, and strategies to participate in a variety of sports and game activities  Show increasing competence in more advanced specialized skills  Demonstrate competence in modified versions of a variety of movement forms  Combine skills competently to participate in modified versions of net and wall games |
|  | Fitness Skills | Perform stretching/flexibility exercises  Perform strength exercises  Perform endurance exercises  Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| Q2 | Core Standard Expectations | **Middle School Guide** |
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| WEEK 1 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for all  Make conscious decisions about applying rules, procedures, and etiquette  Cooperate with peers, peers with disabilities, and those of different gender, race, and ethnicity  Model appropriate personal and social behavior in physical activity  Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings  Analyze potential consequences when confronted with a behavior choice  Respect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and Principles for Individual and Dual Activities | **Individual & Dual activities**: Golf, Track and Field, Dance, Educational Gymnastics/Rhythmic Gymnastics  Use offensive and defensive strategies while playing in game situation  Identify and analyze the characteristics of highly skilled performance  Develop and apply more advanced movement and game strategies |
|  | Motor Skill Development for Individual and Dual Activities | Demonstrate mature form of all basic manipulative, locomotor, and non-locomotor skills  Utilize knowledge, skills, and strategies to participate in a variety of sports and game activities  Show increasing competence in more advanced specialized skills  Demonstrate competence in modified versions of a variety of movement forms  Combine skills competently to participate in modified versions of individual and games |
|  | Fitness Skills | Perform stretching/flexibility exercises  Perform strength exercises  Perform endurance exercises  Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 2 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for all  Make conscious decisions about applying rules, procedures, and etiquette  Cooperate with peers, peers with disabilities, and those of different gender, race, and ethnicity  Model appropriate personal and social behavior in physical activity  Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings  Analyze potential consequences when confronted with a behavior choice  Respect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and Principles for Individual and Dual Activities | **Individual & Dual activities**: Golf, Track and Field, Dance, Educational Gymnastics/Rhythmic Gymnastics  Use offensive and defensive strategies while playing in game situation  Identify and analyze the characteristics of highly skilled performance  Develop and apply more advanced movement and game strategies |
|  | Motor Skill Development for Individual and Dual Activities | Demonstrate mature form of all basic manipulative, locomotor, and non-locomotor skills  Utilize knowledge, skills, and strategies to participate in a variety of sports and game activities  Show increasing competence in more advanced specialized skills  Demonstrate competence in modified versions of a variety of movement forms  Combine skills competently to participate in modified versions of individual and games |
|  | Fitness Skills | Perform stretching/flexibility exercises  Perform strength exercises  Perform endurance exercises  Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 3 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for all  Make conscious decisions about applying rules, procedures, and etiquette  Cooperate with peers, peers with disabilities, and those of different gender, race, and ethnicity  Model appropriate personal and social behavior in physical activity  Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings  Analyze potential consequences when confronted with a behavior choice  Respect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and Principles for Individual and Dual Activities | **Individual & Dual activities**: Golf, Track and Field, Dance, Educational Gymnastics/Rhythmic Gymnastics  Use offensive and defensive strategies while playing in game situation  Identify and analyze the characteristics of highly skilled performance  Develop and apply more advanced movement and game strategies |
|  | Motor Skill Development for Individual and Dual Activities | Demonstrate mature form of all basic manipulative, locomotor, and non-locomotor skills  Utilize knowledge, skills, and strategies to participate in a variety of sports and game activities  Show increasing competence in more advanced specialized skills  Demonstrate competence in modified versions of a variety of movement forms  Combine skills competently to participate in modified versions of individual and games |
|  | Fitness Skills | Perform stretching/flexibility exercises  Perform strength exercises  Perform endurance exercises  Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 4 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Personal and Social Responsibility for Fielding Games | Recognize that rules are designed to be fair and foster safe participation for all  Make conscious decisions about applying rules, procedures, and etiquette  Cooperate with peers, peers with disabilities, and those of different gender, race, and ethnicity  Model appropriate personal and social behavior in physical activity  Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings  Analyze potential consequences when confronted with a behavior choice  Respect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and Principles for Fielding Games | **FIELDING GAMES:** Kickball, Ragball, Softball, Whiffleball and Cricket  Use offensive and defensive strategies while playing in game situation  Identify and analyze the characteristics of highly skilled performance  Develop and apply more advanced movement and game strategies |
|  | Motor Skill Development for Fielding Games | Demonstrate mature form of all basic manipulative, locomotor, and non-locomotor skills  Utilize knowledge, skills, and strategies to participate in a variety of sports and game activities  Show increasing competence in more advanced specialized skills  Demonstrate competence in modified versions of a variety of movement forms  Combine skills competently to participate in modified versions of fielding games |
|  | Fitness Skills | Perform stretching/flexibility exercises  Perform strength exercises  Perform endurance exercises  Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 5 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Personal and Social Responsibility for Fielding Games | Recognize that rules are designed to be fair and foster safe participation for all  Make conscious decisions about applying rules, procedures, and etiquette  Cooperate with peers, peers with disabilities, and those of different gender, race, and ethnicity  Model appropriate personal and social behavior in physical activity  Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings  Analyze potential consequences when confronted with a behavior choice  Respect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and Principles for Fielding Games | **FIELDING GAMES:** Kickball, Ragball, Softball, Whiffleball and Cricket  Use offensive and defensive strategies while playing in game situation  Identify and analyze the characteristics of highly skilled performance  Develop and apply more advanced movement and game strategies |
|  | Motor Skill Development for Fielding Games | Demonstrate mature form of all basic manipulative, locomotor, and non-locomotor skills  Utilize knowledge, skills, and strategies to participate in a variety of sports and game activities  Show increasing competence in more advanced specialized skills  Demonstrate competence in modified versions of a variety of movement forms  Combine skills competently to participate in modified versions of fielding games |
|  | Fitness Skills | Perform stretching/flexibility exercises  Perform strength exercises  Perform endurance exercises  Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 6 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for all  Make conscious decisions about applying rules, procedures, and etiquette  Cooperate with peers, peers with disabilities, and those of different gender, race, and ethnicity  Model appropriate personal and social behavior in physical activity  Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings  Analyze potential consequences when confronted with a behavior choice  Respect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | *Movement Concepts and* Principles for Recreational Games | **RECREATIONAL GAMES:** Bowling, Croquet, Frisbee Golf, Horseshoes, Shuffleboard, and Tetherball  Use offensive and defensive strategies while playing in game situation  Identify and analyze the characteristics of highly skilled performance |
|  | Motor Skill Development for Recreational Games | Demonstrate mature form of all basic manipulative, locomotor, and non-locomotor skills  Utilize knowledge, skills, and strategies to participate in a variety of sports and game activities  Show increasing competence in more advanced specialized skills  Demonstrate competence in modified versions of a variety of movement forms  Combine skills competently to participate in modified versions of recreational games |
|  | Fitness and Conditioning Skills | Perform basic stretching/flexibility exercises (select several)  Perform strength exercises (select several)  Perform endurance exercises (select several)  Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 7 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for all  Make conscious decisions about applying rules, procedures, and etiquette  Cooperate with peers, peers with disabilities, and those of different gender, race, and ethnicity  Model appropriate personal and social behavior in physical activity  Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings  Analyze potential consequences when confronted with a behavior choice  Respect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | *Movement Concepts and* Principles for Recreational Games | **RECREATIONAL GAMES:** Bowling, Croquet, Frisbee Golf, Horseshoes, Shuffleboard, and Tetherball  Use offensive and defensive strategies while playing in game situation  Identify and analyze the characteristics of highly skilled performance |
|  | Motor Skill Development for Recreational Games | Demonstrate mature form of all basic manipulative, locomotor, and non-locomotor skills  Utilize knowledge, skills, and strategies to participate in a variety of sports and game activities  Show increasing competence in more advanced specialized skills  Demonstrate competence in modified versions of a variety of movement forms  Combine skills competently to participate in modified versions of recreational games |
|  | Fitness and Conditioning Skills | Perform basic stretching/flexibility exercises (select several)  Perform strength exercises (select several)  Perform endurance exercises (select several)  Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 8 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for all  Make conscious decisions about applying rules, procedures, and etiquette  Cooperate with peers, peers with disabilities, and those of different gender, race, and ethnicity  Model appropriate personal and social behavior in physical activity  Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings  Analyze potential consequences when confronted with a behavior choice  Respect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and Principles for Cooperative Games | **COOPERATIVE GAMES:** All-Run Games (Kickball, soccer, Frisbee, and softball) New Games (Kinball,  Use offensive and defensive strategies while playing in game situation  Identify and analyze the characteristics of highly skilled performance  Develop and apply more advanced movement and game strategies |
|  | Motor Skill Development for Cooperative Games | Demonstrate mature form of all basic manipulative, locomotor, and non-locomotor skills  Utilize knowledge, skills, and strategies to participate in a variety of sports and game activities  Show increasing competence in more advanced specialized skills  Demonstrate competence in modified versions of a variety of movement forms  Combine skills competently to participate in modified versions of “new games” |
|  | Fitness Skills | Perform stretching/flexibility exercises  Perform strength exercises  Perform endurance exercises  Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| Week 9 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Personal and Social Responsibility | Identify common injuries, prevention strategies, and appropriate first aid techniques  Describe proper dress and dress accordingly  Select appropriate equipment and use properly |
|  | *Movement Concepts and* Principles for Fitness and Conditioning | Identify three components of an effective fitness program and describe appropriate exercises for each component  Explain the importance of a proper warm-up and perform proper warm-up exercises  Execute proper workouts focusing on the basic exercise  principles, the FITT formula and target heart rate  Complete proper cool-down and explain the importance  Correctly demonstrate and use various weight training techniques |
|  | Motor Skill Development for Fitness and Conditioning | Self-Assessment of Fitness  Reevaluate and modify individual fitness plans |
|  | Fitness and Conditioning | Health Related Components of Fitness |