

GBCS Curriculum Guide			GRADE: HS 10-12		SUBJECT: Physical Conditioning-Male			
Topic	Pacing	Unit	Standards	Enduring Understandings & Essential Questions	Learning Targets	Vocabulary	Materials	Assessments
Weight Training and Conditioning	5 weeks	Lifting Phase #1	<b>Michigan and National Standards 1-6</b>	Physical Conditioning using different movements and skills is a lifetime goal. How does the use of these movements and skills enhance Physical fitness?	Personal Goals. Proper Spotting techniques. Sets/Reps relationship to muscular strength and endurance.	Safety, spotters, bench press, power clean, squat, dead lift, pullover, rows, lockouts, lunges, one rep maximum	Free Weights and Machines	One Rep Max Bench Press. One Rep Max Squat
Weight Training and Conditioning	5 weeks	Lifting Phase #2	<b>Michigan and National Standards 1-6</b>	Efficient movement patterns improve performance and strength. How does teamwork, sportsmanship and work ethic help accomplish life goals?	Varying the lifting technique. Working with a partner	lifting chains, resistance bands, pushdowns, bench dips, straight leg deadlift, shrugs, glute-hamstring raises, reverse lunge	Lifting Chains and Resistance Bands	Self Assessment on the Bench Press and Squat.
Weight Training and Conditioning	5 weeks	Lifting Phase #3	<b>Michigan and National Standards 1-6</b>	Personal behavior impacts the ability to balance lifelong fitness. How can individuals who do not meet ideal standards for body weight be fit? What makes physical activity meaningful?	Strength Training vs. 'Toning'. Muscle Mass      Body Fat %	military press, reverse curls, incline bench press, half cleans, hack squat, close grip bench press	Curl Bars and Angle Benches	Self Assessment on the Bench Press and Squat.

Topic	Pacing	Unit	Standards	Enduring Understandings & Essential Questions	Learning Targets	Vocabulary	Materials	Assessments
Weight Training and Conditioning	5 weeks	Lifting Phase #4	<b>Michigan and National Standards 1-6</b>	Lifetime fitness is built upon principles of developing and implementing a program that utilizes the appropriate training principles. What are some ways you could avoid having a sedentary lifestyle?	Training Skills beyond the Weight Room.	upright rows, incline rack press, lat pulldowns, front squats, elevated straight leg deadlift, single-leg front squats	Cardio Equipment, medicine balls, resistance bands, plyo boxes.	Final Assessment on One Rep Max for Bench Press and Squat. Written Final over vocabulary, concepts and safety rules.