

BERTHA-HEWITT HIGH SCHOOL

18-Week Curriculum Map

Fall Semester

2014-2015

Instructor: Kenny Miller

Academic Standard Area: Physical Education Course Title: Advanced Physical Fitness

Grade Level: 11th and 12th

Textbook & Copyright date: None

WEEK #	TIMELINE	CONTENT	SKILLS	ASSESSMENT	RESOURCES
1	5 Days	Read and Discuss Different exercise programs. Proper warm up and cool down. Intensity levels, aerobic conditioning, Heart rate, Flexibility, Resistance training and Core exercises.	Finding Target Heart rates, intensity levels, demonstrating an understanding of how to create an exercise program that is well rounded.	Written Test	Forever Workout Packet (on-line)
2	5 Days	Demonstrate and perform the stretches that will be required during flexibility training. Proper training on weight room equipment.	5-10 minute stretching routine; Resistance training with 5 required lifts (chest press, leg press, lat pull, leg extensions and core lift) and 4 student chosen lifts.	Observation Checklist	Forever Workout Packet (on-line)
3	5 Days	Student spends time finding a program that suits their needs. Correct weight; correct intensity; correct sets and reps; practice program.	Using what they have learned they apply their knowledge to their exercise program	Exercise Program	
4-17	65 Days	Three days a week of resistance training; Two days a week of aerobic conditioning;	Weight training, flexibility training, and aerobic conditioning. Insanity Workout. Basketball 3 on 3 continuous games.	Weight training logs, observation checklist and participation points	Insanity DVD.
18	5 days	Presidential Fitness Testing	Fitness Testing that measures muscular strength/endurance, cardio respiratory endurance, speed agility, and flexibility	Presidential Fitness Tests (Pull ups, shuttle run, endurance run, curl ups, sit and reach)	Presidential Fitness Challenge Program