

Physical Education (9-12 Grade)		Curriculum Guide				
Unit Title	Unit Objectives	Vocab, Terms, Concepts	Benchmarks	Lessons	Assessments	Time Allotted
Resistance Training	Understanding the importance of training with weights. The students will be able to cognitively understand names and terms associated with weight training. The students will also learn the importance of a disciplined work ethic. The students will demonstrate acceptable levels of performance in the Psychomotor, Cognitive, and Affective domains of Physical Education. The students will understand that physical fitness is a life-long process.	Weider Training principles, Sets, Reps, Bodybuilding terms	<u>Content Standard 1-Benchmark A</u> ; <u>Content Standard 2-Benchmark A, B, D, E, F, G</u> ; <u>Content Standard 3-Benchmark A, B, C, D</u> ; <u>Content Standard 4, Benchmark A, B, C, D, E, F, G</u> ;	Lecture on Life Stories (Physical fitness...etc.) Notes given, Super Size Me	Tests, Quizzes, Papers, Physical Testing, Work ethic and attitude	12 Wks.
Nutrition	Understanding the importance of Nutrition. Through lectures and the media the students will learn and understand how to become healthier individuals. The basic skills on how to eat and exercise will be stressed to the level of retainment.	Nutrients, Metabolism, Aerobic and Anaerobic Exercise	<u>Content Standard 2-Benchmark D, G</u> ; <u>Content Standard 3-Benchmark C, D</u> ; <u>Content Standard 4- A, B, C, D, E, F, G</u> ;	Lecture on Nutrition, "Super Size Me" movie, Life Stories	Content Journals, Super Size Me Paper, Nutrition Test	2 Weeks
Performance Enhancing Drugs	Understanding the importance of training without the use of performance enhancing drugs. Through lectures and various forms of media the students will learn and understand the dangers involved with using steroids. Short term and long term side effects will be discussed in depth.	Steroids, Testosterone, Cycling, Plateau, Stacking, Etc.	<u>Content Standard 1-Benchmark C</u> ; <u>Content Standard 2-Benchmark A, B, D, E, F, G</u> ; <u>Content Standard 3-Benchmark A, B, C, D</u> ; <u>Content Standard 4, Benchmark A, B, C, D, E, F, G</u> ;	Lecture on Steroids, Godfather of Steroids article, Rollerblader article, Barry Bonds, Balco, Marion Jones, Mitchell Report.	Article Reviews, Tests, Final Exam.	1 Week
Cardiovascular Training	Understand the benefits and implications of aerobic fitness through various cardiovascular workouts. Students will develop the self-discipline to maintain these skills throughout a lifetime.	Aerobic Exercise, Target Heart Rate, Etc.	<u>Content Standard 1-Benchmark A, C</u> ; <u>Content Standard 2-Benchmark B, D, E, F, G</u> ; <u>Content Standard 3-Benchmark A, B, C, D</u> ; <u>Content Standard 4, Benchmark A, B, C, D, E, F, G</u> ; <u>Standard 5-Benchmark A, B, C, D, E, F</u> ; <u>Standard 6- A, B, C</u>	Lecture on cardiovascular training, Cardio sessions inside the gym and on the track, Beep test, Target Heart Rate activity.	Article Reviews, Tests, Physical Tests, Final Exam.	12 Wks