

Men's & Women's Athletics

Course Number: 04020000040

Month	Strands (include state core numbers)	Standards	Assessment
Qtr. 1			
August - October	<ul style="list-style-type: none"> - Disclosures, Locker Assignments, Procedures <p><u>STRAND 1, 2, 3, 4, 5</u></p> <ul style="list-style-type: none"> - Weight room basics (etiquette, beginning lifts, safety) - Benefits of regular exercise - Basic lifting form (bench press, back squat, deadlift) - Nutrition for athletes - Create SMART goals based on physical, mental, and nutritional needs. - Determine 1RM for bench press, back squat, and deadlift - Intermediate lifts 	<p>Strand 1: Students will achieve a level of competency in motor skills and movement patterns.</p> <p><i>ILA.1.1, ILA.1.2, ILA.1.3, ILA.1.4</i></p> <p>Strand 2: Students will apply knowledge to attain efficient movement and performance.</p> <p><i>ILA.2.1, ILA.2.3, ILA.2.5, ILA.2.7, ILA.2.8</i></p> <p>Strand 3: Students will understand the components necessary to maintain a healthy level of fitness to support physical activity.</p> <p><i>ILA.3.1, ILA.3.2, ILA.3.3, ILA.3.5, ILA.3.7, ILA.3.8, ILA.3.10, ILA.3.12, ILA.3.14, ILA.3.15, ILA.3.16, ILA.3.17, ILA.3.18</i></p> <p>Strand 4: Students will develop cooperative skills and positive personal behavior through communication and respect for self and others.</p> <p><i>ILA.4.1, ILA.4.3, ILA.4.5, ILA.4.10, ILA.4.11, ILA.4.12, ILA.4.14</i></p> <p>Strand 5: Students will appraise the personal value of physical activity as a tool for wellness, challenges, and interacting with appropriate</p>	<p>Quiz: Class rules, lifting safety and etiquette</p> <p>Informal Evaluation (Visual): Lifting form - bench press, back squat, deadlift</p> <p>1RM (Visual): Students complete 1RM lifts for bench press, back squat, and deadlift</p> <p>Nutrition Assignment: Students write a weekly nutrition plan based on their athletic schedule and personal needs</p> <p>Assignment: Students write 2-3 SMART goals based on physical, mental and nutritional needs.</p>

MURRAY HIGH SCHOOL
CURRICULUM MAP



		social skills with friends and family. <i>ILA.5.1, ILA.5.2, ILA.5.3, ILA.5.4</i>	
Qtr. 2			
November-January	<u>STRAND 1, 2, 3, 4, 5</u> - Learn intermediate and advanced lifts - Learn basic form for power clean - Check and modify SMART goals - 1RM power clean - New 1RM for bench press, back squat, deadlift	Strand 1: Students will achieve a level of competency in motor skills and movement patterns. <i>ILA.1.1, ILA.1.2, ILA.1.3, ILA.1.4</i> Strand 2: Students will apply knowledge to attain efficient movement and performance. <i>ILA.2.1, ILA.2.3, ILA.2.5, ILA.2.7, ILA.2.8</i> Strand 3: Students will understand the components necessary to maintain a healthy level of fitness to support physical activity. <i>ILA.3.1, ILA.3.2, ILA.3.3, ILA.3.5, ILA.3.7, ILA.3.8, ILA.3.10, ILA.3.12, ILA.3.14, ILA.3.15, ILA.3.16, ILA.3.17, ILA.3.18</i> Strand 4: Students will develop cooperative skills and positive personal behavior through communication and respect for self and others. <i>ILA.4.1, ILA.4.3, ILA.4.5, ILA.4.10, ILA.4.11, ILA.4.12, ILA.4.14</i> Strand 5: Students will appraise the personal value of physical activity as a tool for wellness, challenges, and interacting with appropriate	Informal Evaluation (Visual): Lifting Form on power clean 1RM (Visual): Bench Press, Back Squat, Deadlift, Power Clean Assignment: Students check and modify SMART goals

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		social skills with friends and family. <i>ILA.5.1, ILA.5.2, ILA.5.3, ILA.5.4</i>	
Qtr. 3			
January - March	SEE QUARTER 1 (SAME)		
Qtr. 4			
April - June	SEE QUARTER 2 (SAME)		