## MURRAY HIGH SCHOOL CURRICULUM MAP



## Men's & Women's Athletics

Course Number: 04020000040

Strands (include state	Standards	Assessment				
core numbers)		7.0000				
Assignments, Procedures		Quiz: Class rules, lifting safety and etiquette				
STRAND 1, 2, 3, 4, 5  - Weight room basics (etiquette, beginning lifts, safety)	ILA.1.1, ILA.1.2, ILA.1.3, ILA.1.4	Informal Evaluation (Visual): Lifting form - bench press, back squat, deadlift				
- Benefits of regular exercise  Basic lifting form (bench	<b>Strand 2:</b> Students will apply knowledge to attain efficient	<b>1RM (Visual):</b> Students complete 1RM lifts for bench press, back squat, and deadlift				
press, back squat, deadlift)  - Nutrition for athletes	ILA.2.1, ILA.2.3, ILA.2.5,	<b>Nutrition Assignment:</b> Students write a weekly nutrition plan based on their athletic schedule and				
<ul> <li>Nutrition for athletes</li> <li>Create SMART goals based on physical, mental, and nutritional needs.</li> <li>Determine 1RM for bench press, back squat, and deadlift</li> <li>Intermediate lifts</li> </ul>	Strand 3: Students will understand the components necessary to maintain a healthy level of fitness to support physical activity.  ILA.3.1, ILA.3.2, ILA.3.3, ILA.3.5, ILA.3.7, ILA.3.10, ILA.3.12, ILA.3.14, ILA.3.15, ILA.3.16, ILA.3.17, ILA.3.18  Strand 4: Students will develop cooperative skills and positive personal behavior through communication and respect for self and others.  ILA.4.1, ILA.4.3, ILA.4.5, ILA.4.11, ILA.4.12, ILA.4.14  Strand 5: Students will appraise the personal value of	· · · · · · · · · · · · · · · · · · ·				
	- Disclosures, Locker Assignments, Procedures  STRAND 1, 2, 3, 4, 5  - 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	- Disclosures, Locker Assignments, Procedures  STRAND 1, 2, 3, 4, 5  - 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  - Ita. 2.1, Ita. 3.2, Ita. 3.3, Ita. 3.4, Ita. 3.15, Ita. 3.17, Ita. 3.18  - Ita. 3.1, Ita. 3.2, Ita. 3.3, Ita. 3.14, Ita. 3.15, Ita. 3.16, Ita. 3.17, Ita. 3.18  - Strand 4: Students will develop cooperative skills and positive personal behavior through communication and respect for self and others.  - Ita. 4.1, Ita. 4.3, Ita. 4.5, Ita. 4.11, Ita. 4.12, Ita. 4.14  - Strand 5: Students will				

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		social skills with friends and	
		family.	
		ranniy.	
		ILA.5.1, ILA.5.2, ILA.5.3,	
		ILA.5.4	
	I	Qtr. 2	
	STRAND 1, 2, 3, 4, 5	Strand 1: Students will	Informal Evaluation (Visual):
	- Learn intermediate and	achieve a level of competency	Lifting Form on power clean
	advanced lifts	in motor skills and movement	
	advanced ints		4DM (T)   N D   1 D D 1
		patterns.	<b>1RM</b> (Visual): Bench Press, Back
	- Learn basic form for power		Squat, Deadlift, Power Clean
	clean	ILA.1.1, ILA.1.2, ILA.1.3,	
	Cican		A •
		ILA.1.4	<b>Assignment:</b> Students check and
	- Check and modify SMART		modify SMART goals
	goals	<b>Strand 2:</b> Students will apply	
	Sours	11 2	
		knowledge to attain efficient	
	- 1RM power clean	movement and performance.	
	-	-	
	- New 1RM for bench press,	ILA.2.1, ILA.2.3, ILA.2.5,	
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	back squat, deadlift	ILA.2.7, ILA.2.8	
		Strand 3: Students will	
		understand the components	
		necessary to maintain a healthy	
		level of fitness to support	
		1.1	
		physical activity.	
November-			
January		ILA.3.1, ILA.3.2, ILA.3.3,	
J 3 J		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	
		1121.5.10	
		Strand 4: Students will	
		develop cooperative skills and	
		1 1	
		positive personal behavior	
		through communication and	
		respect for self and others.	
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		11 4 4 1 11 4 4 2 11 4 4 5	
		ILA.4.1, ILA.4.3, ILA.4.5,	
		ILA.4.10, ILA.4.11, ILA.4.12,	
		ILA.4.14	
		<b>Strand 5:</b> Students will	
		appraise the personal value of	
		physical activity as a tool for	
		wellness, challenges, and	
		interacting with appropriate	
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		CURRICULUM MIAP	SPARTANS		
		social skills with friends and			
		family.			
		ILA.5.1, ILA.5.2, ILA.5.3,			
		ILA.5.4			
Qtr. 3					
January -	SEE QUARTER 1 (SAME)				
March					
Qtr. 4					
April -	SEE QUARTER 2 (SAME)				
June					