

Weight Training 1

Standard	MP 1	MP 2	Description	Vocabulary and Proposed Units of Study
PE.912.C.2.3			Analyze the movement performance of self and others. Clarifications: Some examples are video analysis and checklist.	
PE.912.C.2.6			Compare and contrast the health-related benefits of various physical activities.	
PE.912.C.2.16			Explain the methods of monitoring levels of intensity during aerobic activity. Clarifications: Some examples are a talk test, rate of perceived exertion and checking one's heart rate/pulse.	
PE.912.C.2.23			Apply appropriate technology and analyze data to evaluate, monitor and/or improve performance.	
PE.912.C.2.25			Analyze and evaluate risks, safety procedures, rules and equipment associated with specific course activities.	
PE.912.C.2.26			Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.	
PE.912.L.3.2			Participate in a variety of activities that promote the health-related components of fitness. Clarifications: The health related components of fitness are cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition.	
PE.912.L.3.3			Identify a variety of activities that promote effective stress management.	
PE.912.L.3.6			Identify risks and safety factors that may affect physical activity throughout life.	
PE.912.L.4.2			Identify ways to self-assess and modify a personal fitness program.	
PE.912.L.4.4			Use available technology to assess, design and evaluate a personal fitness program.	
PE.912.L.4.5			Apply the principles of training to personal fitness goals. Clarifications: some examples of training principles are overload, specificity and progression.	
PE.912.M.1.5			Apply strategies for self-improvement based on individual strengths and needs.	
PE.912.M.1.12			Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance. Clarifications: An example is performing plyometrics.	
PE.912.M.1.15			Select and apply sport/activity specific warm-up and cool-down techniques.	
PE.912.M.1.16			Apply the principles of training and conditioning to accommodate individual needs and strengths. Clarifications: some examples of training principles are overload, specificity and progression.	

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PE.912.M.1.19			Use correct body alignment, strength, flexibility and coordination in the performance of technical movements.	
PE.912.M.1.30			Combine and apply movement patterns from simple to complex.	
PE.912.M.1.34			Demonstrate use of mechanical principles as they apply to specific course activities. Clarifications: some examples are balance, force, and leverage.	
PE.912.M.1.35			Select proper equipment and apply all appropriate safety procedures necessary for participation.	
PE.912.R.5.5			Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.	
PE.912.R.6.2			Analyze physical activities from which benefits can be derived. Clarifications: Some examples of potential benefits are physical, mental, emotional, and social.	
PE.912.R.6.3			Analyze the roles of games, sports and/or physical activities in other cultures.	