

TENTH GRADE SECTION

PURPOSE: demonstrate various forms of stretching and flexibility ,demonstrate and explain the importance of warm-up patterns, demonstrate safety techniques for weight lifting, demonstrate correct form on various weight lifting exercises, describe and analyze good and poor sportsmanship, demonstrate good teamwork during class, and explain class rules and safety rules for weight lifting, demonstrate positive encouragement to classmates.

HIGH ACHIEVEMENT UNIT OUTCOMES:

Outcome 1:

Movements and Patterns: Students will identify and demonstrate various flexibility programs, including static, ballistic and PNF. Students will demonstrate movement patterns in warm-up. Students will identify and demonstrate safety measures for weight lifting, movements for lifting and plyometrics

Components:

1. demonstrate and explain various flexibility exercises
2. demonstrate proficiency in warm-up patterns
3. explain and demonstrate safety for weight lifting
4. demonstrate weight lifting techniques
5. demonstrate competency in appropriate plyometric exercises

HIGH ACHIEVEMENT UNIT OUTCOMES:

Outcome 2:

Sportsmanship: Students will identify the differences between good sportsmanship and poor sportsmanship, explain the importance of good sportsmanship and demonstrate ways to promote positive sportsmanship. They will identify and demonstrate positive verbal encouragement of fellow classmates.

Components:

1. explain differences between good and poor sportsmanship
2. demonstrate ways to promote positive sportsmanship
3. explain and demonstrate positive verbal encouragement to fellow classmates

HIGH ACHIEVEMENT UNIT OUTCOMES:

Outcome 3:

Fitness: Students will demonstrate positive participation in class during fitness units. Students will identify and discuss current recommendations concerning healthy nutrition, diet and exercise. Students will identify and discuss the information from the “Fitness for Life” curriculum.

Components:

1. **demonstrate positive participation in class fitness activities**
2. **describe and discuss current recommendations about nutrition, diet and exercise**
3. **examine and discuss information from the “Fitness for Life” curriculum**

HIGH ACHIEVEMENT UNIT OUTCOMES:

Outcome 4:

Teamwork: Students will identify, describe and demonstrate positive cooperation techniques and encouragement of other classmates.

Components:

1. **demonstrate understanding of positive cooperation techniques for encouraging classmates**
2. **respect differences in the physical abilities of classmates**

HIGH ACHIEVEMENT UNIT OUTCOMES:

Outcome 5:

Rules: Students will identify and discuss class rules. Students will apply those rules to become aware of their surroundings, to distinguish between safe and unsafe exercise areas. Students will identify and demonstrate the correct use of weight collars, spotting techniques and proper lifting techniques.

Components:

1. **explain and follow class rules**
2. **analyze safe and unsafe exercise areas**
3. **demonstrate competency in weight lifting techniques**
4. **explain and demonstrate safety and spotting techniques**