# WCS Scope & Sequence 2015-16
## Subject: Weights and Kinesiology

### Grade: 9-12

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<th>Learning Target</th>
<th>Knowledge &amp; Processes</th>
<th>Student Friendly</th>
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| 1.1 Working knowledge of muscles to include but not limited to major muscle groups both upper and lower body | • Pre-test knowledge of kinesiology, anatomy, and musculature  
• Know muscle groups as related to overall fitness  
• Muscle use as it relates to sport  
• Unit test selected muscles  
• Deltoid  
• Pectoralis major  
• Tricep  
• Bicep  
• Abdominals  
• Hamstrings  
• Gastrocnemius  
• Latissimus Dorsi  
• Quadriceps  
• Lower abs | • I can identify the main muscle groups  
• I can recognize the muscle as it relates to a sport or specific movement  
• I can create and develop a workout plan  
• I can a compose a work out utilizing limited facilities  
• I can a formulate a modified workout for individuals with physical or mental challenges |

| 1.2 Apply Movements to all muscle study | Evaluate muscles as related to movement  
• Demonstrate basic movements  
• Demonstrate complex movements (compound exercises)  
• Kinesiology  
• Anatomy  
• Movement Patterns | • I can properly demonstrate basic and complex muscle movements  
• I can apply fundamental movements during a compound exercise/activity  
• I can apply the principles of Kinesiology to our daily workout routine |
# WCS Scope & Sequence 2015-16

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| **1.3 Safety Procedures** | **1.** Model proper ‘spotting’ procedures  
- Weight room safety awareness  
- Describe and demonstrate proper lifting techniques  
- Identify and develop warm-up and cool down principles  
- Model use of equipment  
- Spotting’ principles and techniques  
- Lifting Technique  
- Proper warm-up and cool down  
- Relate proper use of equipment  
**2.** I can assist proper technique while spotting during a dynamic lift  
- I can organize the usage of weight room equipment to ensure that safety precautions are in place  |
| **2.1 Participate in Dynamic Warm-up** | **3.** Demonstrate dynamic warm-up movements  
- General Physical Preparedness  
**4.** I can distinguish between static/passive stretches and dynamic movements  
- I can create a dynamic warm-up plan  |
| **2.2 Execute proper lifting techniques for selected exercises** | **5.** Pre-test skill level of selected exercises  
- Demonstrate proficient lifting skill  
- Adapt weightlifting to specific sport skills  
- Evaluate level of skill and set goals for improvement  
- Periodic testing of student progress and understanding  
- Squat  
- Squat Variations  
- Olympic lifts and variations  
- Pressing movements and variations  
- Pulling movements and variations  
- Core exercises and variations  
**6.** I can observe, modify, and instruct my peers in proper technique  
- I can modify a work out utilizing limited facilities  
- I can assist proper technique while spotting during a dynamic lift  
- I can execute proficient lifting skill and technique  
- I can construct a personal core workout |
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<td><strong>2.3 Participate in static cool-down</strong></td>
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| - Demonstrate selected static stretches  
  - Elongation of muscle (static stretching) | - I can distinguish between static/passive stretches and dynamic movements  
  - I can create a static/passive cool-down plan |
| **3.1 Recognize and establish behavioral factors leading to development of total fitness** | **3.1 Recognize and establish behavioral factors leading to development of total fitness** |
| - Associate movements with the muscles that perform them  
  - Develop individual workout  
  - Adapt and create workout program for specific skill set  
  - Differentiate set/rep patterns to avoid muscle adaptation  
  - Nutrition  
  - Rest and recovery  
  - Per iodization methods  
  - Agility Drills  
  - Plyometrics  
  - Speed development  
  - Balance and Coordination | - I can create and develop a workout plan  
  - I can combine a variety of plyometric movements to increase hip mobility, foot speed, and knee flexion  
  - I can recognize the muscle as it relates to a sport or specific movement  
  - I can evaluate my current diet plan and create a new nutritional program that fits my fitness goals |