<table>
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<th>Learning Target</th>
<th>Knowledge &amp; Processes</th>
<th>Student Friendly</th>
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</table>
| 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 |
| 1.3 Safety Procedures           | • 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 | • 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 | • Demonstrate dynamic warm-up movements  
• General Physical Preparedness | • I can distinguish between static/passive stretches and dynamic movements  
• I can create a dynamic warm-up plan |
## WCS Scope & Sequence 2014-15

### Grade: 9-12

**Subject: Weights and Kinesiology**

#### 2.2 Execute proper lifting techniques for selected exercises

- 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

- I can observe, modify, and instruct my peers in proper technique
- I can modify a workout 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

#### 2.3 Participate in static cool-down

- 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

- 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
<table>
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<th>Grade: 9-12</th>
<th>Subject: Weights and Kinesiology</th>
<th>2” Nine Weeks</th>
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<td>WCS Scope &amp; Sequence 2014-15</td>
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*WILLIAMSON COUNTY SCHOOLS*