

| Course Title: Weight Training 1 (EDITS) | | | |
|---|--|----------------------------|--|
| Course Number: 1501340 | | | |
| NGSSS Benchmark | Content Focus | Number of Questions | Suggested Cognitive Complexity (per CPALMS) |
| <i>Reporting Category 1: Demonstrate competency and proficiency in movements</i> | | | |
| PE.912.M.1.15 | Apply sport specific warm-up and cool down techniques | 2 | 2 Level 2 1 Level 3 |
| PE.912.M.1.16 | Principles of training for individual needs | 2 | 2 Level 2 |
| PE.912.M.1.19 | Using correct body alignment in performance of movements | 4 | 1 Level 1 3 Level 2 |
| PE.912.M.1.34 | Using mechanical principles for specific lifts | 1 | Level 1 |
| PE.912.M.1.35 | Using proper safety procedures during class | 4 | 3 Level 2 1 Level 3 |
| PE.912.M.1.5 | Strategies for self improvement based on individual needs | 3 | 3 Level 2 |
| <i>Reporting Category Total</i> | | 16 | |
| <i>Reporting Category 2: Identify, analyze, and evaluate movements, principles, safety, and strategies for performance</i> | | | |
| PE.912.C.2.16 (PM shows #17 as PE.912.R.6.1 and #18 as PE.912.R.6.2) | Monitoring levels of intensity during aerobic activity | 2 | 2 Level 2 |
| PE.912.C.2.25 (PM shows #21 as PE.912.R.6.3) | Safety procedures, rules, and equipment associated with specific lifts | 3 | 1 Level 1 1 Level 2 1 Level 3 |
| PE.912.C.2.26 | Detecting and correcting skill patterns of self and/or partner | 2 | 2 Level 2 |
| PE.912.C.2.3 (PM shows #24 and #25 as PE.912.R.5.5) | Analyze movement performance | 2 | 2 Level 2 |
| PE.912.C.2.6 | Compare and contrast health benefits of physical activities | 3 | 3 Level 2 |
| <i>Reporting Category Total</i> | | 12 | |
| <i>Reporting Category 3: Participating in physical activities & developing a fitness program</i> | | | |
| PE.912.L.3.6 | Risks and safety factors that may affect activity throughout life. | 2 | 2 Level 2 |
| PE.912.L.4.2 (PM shows #32 as PE.912.C.2.22) | Ways to self-assess and modify a fitness program | 2 | 1 Level 1 1 Level 2 |
| PE.912.L.4.5 | Apply principles of training to fitness goals | 2 | 2 Level 2 |
| <i>Reporting Category Total</i> | | 6 | |
| <i>Reporting Category 4: Responsible behaviors and values</i> | | | |
| PE.912.R.5.5 | Demonstrate etiquette, care of equipment, respect for facilities and safe behavior | 3 | 1 Level 1 2 Level 2 |
| PE.912.R.6.2 (PM shows #39 as PE.912.R.6.3) | Analyze physical activities from which benefits can be derived | 3 | 2 Level 2 1 Level 3 |
| <i>Reporting Category Total</i> | | 6 | |

Overall Percentage for Written Test: 50%

Overall Percentage for Performance Tasks: 50%

* When building the EOC some questions are noted to cover more than one standard.

Course Title: Weight Training 1

Course Number: 1501340

Overall Percentage for Performance Tasks: __50%__

| | |
|--|--|
| Performance Task #1 | Bench, Squat, and/or Clean |
| Weighting Percent for this Task | 50% |
| Standard | PE.912.M.1.12 Perform a variety of complex movements using a variety of equipment PE.912.M.1.30 Apply movement patterns from simple to complex PE.912.L.3.2 Participate in activities that promote components of fitness |
| Exemplar (If applicable) | |
| Additional Information | Students will be assessed on their improvement on Bench, Squat, and/or Clean. Improvement will be calculated using their first max test from the beginning of the year as a baseline. |
| Suggested Assessment Team | Teacher of record, co-teacher, or school weight lifting coach |

Rubric:

| | |
|-----------|--|
| 90 – 100% | Student has improved by 10% or more |
| 80 – 89% | Student has improved by 5 – 9.9% |
| 70 – 79% | Student has improved by 2 – 4.9% |
| 60 – 69% | Student has maintained or improved by less than 2% |
| 0 – 59% | Student has not maintained strength |