

Course Title: Weight Training 2			
Course Number: 1501350			
NGSSS Benchmark	Content Focus	Number of Questions	Suggested Cognitive Complexity <i>(per CPALMS)</i>
<i>Reporting Category 1: Demonstrate competency and proficiency in movements</i>			
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.1.30	Combine and apply movement patterns, simple to complex	1	1 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>		15	
<i>Reporting Category 2: Identify, analyze, and evaluate movements, principles, safety, and strategies for performance</i>			
PE.912.C.2.16	Monitoring levels of intensity during aerobic activity	2	2 Level 2
PE.912.C.2.17	Assess physiological effects of exercise during and after activity	2	1 Level 1 1 Level 2
PE.912.C 2.23	Apply appropriate technology and analyze data	1	1 Level 2
PE.912.C.2.25	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.2.7	Evaluate the effectiveness of specific warm-up/cool down activities	2	1 Level 2 1 Level 3
<i>Reporting Category Total</i>		12	
<i>Reporting Category 3: Participating in physical activities & developing a fitness program</i>			
PE.912.L.3.2	Participate in a variety of activities that promote health related components of fitness	1	1 Level 2
PE.912.L.3.6	Risks and safety factors that may affect activity throughout life.	2	2 Level 2
PE.912.L.4.2	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>		7	
<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	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%___

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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