

2010-2011 SEMESTER EDUCATIONAL PLAN STRENGTH & FITNESS

Wahoo High School – Physical Education

Aug. 19/27	Syllabus/Rules/Expectations	Weight Room Safety/Six Critical Techniques	Warm- Up/Stretching Routine
	Core Lifts	Aux. Lifts	Weight Room/Etiquette
	Lifts/Variations	Record Keeping-Book Completion	
Aug. 30/Sept. 3	Discuss Graph Progression Completion Sheets	Fitness Testing/Weight Testing	Complete Personal Goal Sheet
Sept. 7/17	Weight Workouts/Weeks 1 & 2	Agility Training/Conditioning	Book Completion
	Major Muscle Groups		
Sept. 20/Oct. 8	Weight Workouts/Week 3 thru Week 5	Agility Training/Conditioning	Book Completion
	Components of Fitness/Measuring the Components	Diet/Nutrition Plans	Complete Graph Progression Sheet
Oct. 11/Oct. 28	Weight Workouts/ Week 6 thru Week 8	Agility Training/Conditioning	Book Completion
	Lifting Evaluations/Technique	Complete Graph Progression Sheet	
Nov. 1/19	Weight Workouts/ Week 9 thru Week 11	Agility Training/Conditioning	Book Completion
	Peer Lifting Evaluations	Aerobic Exercise	
Nov. 22/Dec. 10	Weight Workouts/ Week 12 thru Week 14	Agility Training/Conditioning	Book Completion
	Fitness Plans Project	Complete Graph Progression Sheet	
Dec. 13/22	Weight Workouts/Week 15	Agility Training	Book Completion
	Agility Testing/Weight Testing	Review for Final	Review Personal Goals

WEIGHT & FITNESS TESTING

Physical Fitness- Vertical Jump, Sit/Reach, Pro Agility, Pull-Ups, 10-Yard Sprint, and Body Composition

Weight Lifting- Bench Press, Incline Bench, Parallel Squat, and Power Clean/Hang Clean

***Testing will take place at the start and end of each semester.*