

UNIT FOCUS

LEVEL: 5-12

TEACHER(S): Giambelluca, Hrapmann, Rebaudo, Serio, Simpson, Wilson, Wilson

Semester: 1

Unit Duration: 3 Weeks

**UNIT
TITLE**

OBJECTIVES:
Standards and Benchmarks:
**At the end of this unit of study, the
student should be able to:**

WEIGHTS

- A. P.E. 0 (Middle School)
 - 1) None
- B. P.E. 1 (Freshmen)
 - 1) Rules: Names of Lifts
 - 2) Development of Body:
Abs, Chest, Shoulders,
Arms
 - 3) Competitions: Maxing
Out
 - 4) Assessment:
Observation, Test on
Names of Lifts and Body
Parts Affected
- C. P.E. 2 (Sophomores) or
(Juniors) or (Seniors)
 - 1) Rules: Names of Lifts
 - 2) Development of Body:
Abs, Quads, Ham Strings,
Calves
 - 3) Competitions: Maxing
Out
 - 4) Assessment:
Observation, Test on
Names of Lifts and Body
Parts affected

COMMENTS ON UNIT: