

What is it we expect students to learn? Identifying Essential Standards

Grade Level: Freshman - Senior

Subject: Advanced Fitness

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1. Standard/Description	2. Evidence of Proficiency	3. Prior Skills Needed	4. Common Summative Assessment	5. When Taught?
Understand how to perform the Bench Press & how it benefits the Human Body. (HM1D9-12)	Execute the Bench Press & answer test questions about its benefits.	BFS Junior High Readiness Program	Physical Testing Every 6 Weeks & Final Written Exam Each Semester	August & On Going
Understand how to perform Parallel Squat & how it benefits the human body. (HM1D9-12)	Execute the Parallel squat & answer test question about its benefits.	BFS Junior High Readiness Program	Physical Testing Every 6 Weeks & Final Written Exam Each Semester	August & On Going
Understand how to perform the Hang Clean & how it benefits the human body. (HM1D9-12)	Execute the Hang Clean & answer questions about its benefits.	BFS Junior High Readiness Program	Physical Testing Every 6 Weeks & Final Written Exam Each Semester	August & On Going
Perform Olympic Lifts with Proper Technique (HM1E9-12)	Perform Olympic Lifts with Proper Technique	BFS Junior High Readiness Program	Physical Testing Every 6 Weeks & Final Written Exam Each Semester	August & On Going
Cooperate with others in your groups & use time wisely. (HM1A9-12)	Performing exercises in groups with good cooperation.	None	Evaluation & Completion of Task	August & On Going
Track Daily Progress to help set & reach Goals (HM1C9-12)	Monitor daily progress through filling out folders.	Freshman Year Advanced Fitness	Evaluation of their Workout Folders	August & On Going
Understand & Appreciate the benefits of the Work Outs (HM1A9-12)	Answering exam questions and teacher/student discussion.	None	Instructor Observation & Progress Tracking	August & On Going
Demonstrate Proper Safety/Spotting Techniques (HM2A9-12)	Properly safety spot one another during exercises.	Modeling Technique	Instructor & Peer Evaluation	August & On Going

1. Standard: What is the essential standard to be learned? Describe in student-friendly vocabulary.
2. Example/Rigor: What does proficient student work look like? Provide an example and/or description.
3. Prior Skills Needed: What prior knowledge, skills, and/or vocabulary is needed for a student to master this standard?
4. Common Assessment: What assessment(s) will be used to measure student mastery?
5. When will this standard be taught?