

UNITS	STANDARDS	OBJECTIVES (What it looks like in the classroom) The learner will í	NUMBER OF DAYS TAUGHT	DATE ASSESSED	ASSESSMENT TYPE	RESOURCES (Materials, web sites, auto-visual, print)	LEARNING ACTIVITIES AND VOCABULARY
Strength and Conditioning Grade 8		Work on strength and cardiovascular fitness. The learner will improve their current level of fitness.	90	Pre- Test Late August Post-Test Mid December	Performance based	Jump ropes, Bosu balls, exercise machines, dumbbells, pull up bars, and medicine balls.	Pull ups, push-ups, medicine ball exercises, fitness machine work, jump rope activities, dumbbell exercises, and body plank exercises