

Physical	Education	Cross	Training	(High School)		
Grade	Cross Training Units	Standards	Lesson Activity	Key Concepts/Vocabulary	Resources/Technol	Assessments
10,11,12	Weight Training (Health Related Fitness)	Standards: 1,2,3,4,5,6	Proper use of Weight Room Machines, Weight Room Safety, Individual Weight Training program, Basic Muscle Groups	Benefits of Strength Training, Knowing Muscle groups, Strengthening strategies, Individual weight room program development	Weight room	Written Muscle Identification Test, Skills Test: Pre/Post
10,11,12	Cardio Fitness (Health Related Fitness and Aquatic)	Standards: 1,2,3,4,5, and 6	Daily Cardio Warm-ups, Weekly Mile Run, Weekly Lap Swimming, Three days a week running stairs	Benefits of Cardio Fitness: Target Heart Rates for improving fitness	Pool, track, Stop Watch	Time Improvement
10,11,12	Flexibility Activities (Health Related Fitness)	2,3,4,5	Daily Stretching Activities	Benefits of Flexibility in sports and everyday life	gym	Participation, Teacher Observation
10,11,12	Fitness Test (Health Related Fitness)	1,2,3,4,5, and 6	push up test, sit up test, jump rope test, shuffle test, wall sit test, 40 yd dash time, mile time (Pre and Post Test for each skill)	To show fitness improvement from the beginning to the end of the trimester	stop watch	Improvement from the pre and post test
10,11,12	Personal, Social Domain	Standard 5,6	Following Direction, Respect, Responsibility, Self Control, Best Effort, Compassion	Demonstrates a proper attitude in both winning and losing.	N/A	Daily Teacher Observation