WCSD PE Curriculum

HS Advanced Strength Training Overview

Secondary PE Department Philosophy Statement

The Waukee Physical Education program seeks to empower all students to participate in regular, lifelong physical activity to create a foundation for a healthy, productive, and fulfilling life.

Advanced Strength Training Description

The goal of this course is to provide students an opportunity to continue advancing their strength training knowledge, techniques and movements. Students will be exposed to the following Components of Fitness: muscular strength, muscular endurance and mobility. The skills learned in this course are meant to build upon previous knowledge and skills gained in the Intro to Fitness course.

Students will...

- Increase muscular strength development, muscular endurance, flexibility, cardiovascular fitness, speed and agility
- Develop proper techniques and alignment for safe, injury-free participation in all fitness activities
- Understand health related and skill related fitness components and terminology
- Identify the skeletal and muscular systems
- Understand the concepts of strength training and speed development
- Understand the importance of maintaining proper body composition, weight control, and diet
- Understand the importance in today's athlete the use of weight and speed training
- Develop and exhibit good sportsmanship, cooperation, teamwork, emotional control, leadership, and a positive self concept
- Demonstrate, recognition, and acceptance of one's own strengths and limitations, as well as those of others
- Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction
- Acquire the knowledge and skill necessary to maintain a healthy and active life

Advanced Strength Training Units

1) Components of Fitness
2) Strength Training
3) Active Recovery
4) Fitness Beyond High School

Waukee CSD 10-12 Guiding Principles

- Differentiation of instruction and assessment is necessary for students to grow and progress.
- Multiple data points are used to determine the summative grade.
- Course grades accurately communicate only academic achievement of the standards.
- Independent practice is meaningful, purposeful, and tied to standards
- Students are given multiple opportunities to show proficiency through ongoing assessment.