Alabama Physical Education

Strength and Conditioning - Level 2

Anchor Standard 1: Motor Skills and Movement Patterns: _The physically literate individual demonstrates competency in a variety of motor skills and movement patterns._ PE19.SC2.1

A SC-1.1 Motor Skills and Movement Patterns: _Physical fitness_ PE19.SC2.1.A

1 Demonstrate necessary components of physical fitness to achieve a desired level of individual success while participating in fitness activities. PE19.SC2.1.1

B SC-1.2 Motor Skills and Movement Patterns: _Strength and conditioning_ PE19.SC2.1.B

2 Exhibit proper fitness component techniques in strength and conditioning to achieve a desired level of health enhancement. PE19.SC2.1.2

Anchor Standard 2: Movement and performance: _The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance._ PE19.SC2.2

A SC-2.1 Movement and Performance: _Safety_ PE19.SC2.2.A

1 Demonstrate safe and appropriate use and care of equipment and facilities for strength and conditioning. PE19.SC2.2.1

B SC-2.2 Movement and Performance: _Proper techniques_ PE19.SC2.2.B

2 Model proper skills and demonstrate components for the specific lift or agility drills. PE19.SC2.2.2

Anchor Standard 3: Physical Activity and Fitness: _The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness._ PE19.SC2.3

A SC-3.1 Physical Activity and Fitness: _Healthy lifestyles_ PE19.SC2.3.A

1 Apply skills learned to execute a higher level of physical fitness while participating in strength and conditioning. PE19.SC2.3.1

B SC-3.2 Physical Activity and Fitness: _Strength and conditioning knowledge_ PE19.SC2.3.B

2 Participate in challenging activities requiring the utilization of newly-acquired skills involved in the workout program. PE19.SC2.3.2

Anchor Standard 4: Personal and Social Behavior: _The ph[illegible] inc[illegible] res[illegible]

A SC-4.1 Personal and Social Behavior: _Social behaviors_ PE19.SC2.4.A

1 Demonstrate the techniques pertaining to strength and conditioning while showing personal responsibility and etiquette in a social setting. PE19.SC2.4.1

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;C-4.2 Personal and Social Behavior: _Leadership skills_ PE19.SC2.4.B

and social behavior that respects self and others._ PE19.SC2.4

2 Identify and describe examples of positive and negative behaviors while participating in a strength and conditioning program. PE19.SC2.4.2

Anchor Standard 5: Values Physical Activity: _The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction._ PE19.SC2.5

A SC-5. 1 Values Physical Activity: _Identify and evaluate_ PE19.SC2.5.A

1 Assess a strength and conditioning program to show how it can be beneficial to an individual's health and the enjoyment of self-selected physical activities. PE19.SC2.5.1

B SC-5.2 Values Physical Activity: _Analyze_ PE19.SC2.5.B

2 Develop two types of strength and conditioning programs designed to enhance one's own current health and wellness to support a healthier family, classroom, and community. PE19.SC2.5.2