

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
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- 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
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- 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
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- 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 physically literate individual exhibits responsible personal**

- 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

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

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

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