

USD 230 Curriculum Map

Grade: 10-12

Subject: APEW

Unit: Weights

Quarter Taught: 1 – 4

State Indicators	District Objectives/Outcomes/ Key Concepts	Instructional Strategies	Student Activities or Product(s)	Resources Used	Methods of Assessment
	<p>-Demonstrate knowledge and understanding of weight training safety.</p> <p>-Apply the fitness components of weight training.</p> <p>-Perform the basis core lifts with proper technique.</p>	<p><i>Declarative Knowledge</i></p> <p><input type="checkbox"/> 3 Minute Pause</p> <p><input type="checkbox"/> Front Loading</p> <p><input type="checkbox"/> Note-Taking</p> <p><input checked="" type="checkbox"/> Graphs or Charts</p> <p><input checked="" type="checkbox"/> Questions</p> <p><input type="checkbox"/> Linking</p> <p><input type="checkbox"/> Pegboard</p> <p><input type="checkbox"/> 5-Step vocabulary</p> <p><i>Procedural Knowledge</i></p> <p><input type="checkbox"/> Think aloud</p> <p><input type="checkbox"/> Shaping</p> <p><input checked="" type="checkbox"/> Practice</p> <p><i>Extend/Refine Knowledge</i></p> <p><input checked="" type="checkbox"/> Comparing/contrasting</p> <p><input checked="" type="checkbox"/> Classifying</p> <p><input type="checkbox"/> Abstracting</p> <p><input type="checkbox"/> Inductive/Deductive</p> <p><input type="checkbox"/> Constructing Support</p> <p><input checked="" type="checkbox"/> Analyzing Errors</p> <p><input checked="" type="checkbox"/> Analyzing perspective</p>	<p>-Resistance Training</p> <p>-Agilities</p> <p>-Plyometrics</p>	<p>-Weight Room</p> <p>-Gymnasium</p> <p>-Multipurpose Room</p> <p>-Plyometric Equipment</p>	<p>-Teacher Observation</p> <p>-One Rep Max on Core Lifts</p> <p>-Agility Testing</p> <p>-Personal/Teacher Reflection</p>