

**Southern Cayuga Central School District – Curriculum Map**

Subject: CCC

School Year: 2020-2021

Title or Topics w/ NYS Standards	Essential Questions & Vocabulary	Content Skills (Activities to cover Essential Questions)	Major Assessments (Tests, Project, etc.)	Time Frame
<p>Standard 1 - Personal Health and Fitness</p> <p>Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.</p> <p>Standard 2 - A Safe and Healthy Environment</p> <p>Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.</p> <p>Standard 3 - Resource Management</p> <p>Students will understand and be able to manage their personal and community resources.</p>	<p>What strategies and resources can I use to maintain an active lifestyle?</p> <p>How can I use the principles of training in developing my fitness plan?</p> <p>What training strategies can I use to improve /maintain each health related component of fitness?</p> <p>How do my nutritional choices affect my fitness goal?</p> <p>What are the necessary steps in designing an effective health and fitness plan?</p> <p>Vocabulary:  <b>Tier 2</b>      <b>Tier 3</b>            Analyze      Active            Delineate      Aerobic            Distinguish      Anaerobic            Evaluate      Circuit            Formulate      Cool-down            Hinder      Heart Rate            Objective      Intervals            Reciprocal      Reps            Specify      Resistance</p>	<p>Students will be able to understand the benefits of weight training and key training principles.</p> <p>Students will be able to understand weight training vocabulary. Students will be able to understand the difference and categories of weight trainers and weight lifters.</p> <p>Students will be able to calculate their target heart rate.</p> <p>Students will be able to understand the different types of muscle contractions.</p> <p>Students will be able to understand the guidelines and principles that you should be aware of in order to effectively</p>	<p>Quiz 1</p> <p>Teacher Observation</p> <p>Peer Review</p> <p>Peer Performance Check</p> <p>Self-Reflections</p> <p>Performance Assessment:            Participation            Safety            Gross Motor Ability / Skill            Attitude            Cognitive Awareness</p> <p>Quiz 2</p> <p>Teacher Observation</p> <p>Peer Review</p> <p>Peer Performance Check</p> <p>Self-Reflections</p> <p>Performance Assessment:            Participation            Safety            Gross Motor Ability / Skill            Attitude            Cognitive Awareness</p>	<p>Full Year</p>

	<p>Succinct Support Transition</p> <p>Sets</p>	<p>design your own training program.</p> <p>Students will understand the importance of warming up and flexibility in weight training.</p> <p>Students will be able to identify a goal and design a program to accomplish that end.</p> <p>Student will understand the impact of weight training through the years.</p> <p>Students will understand the key principles in conditioning the stomach.</p> <p>Students will understand the importance of strengthening the core.</p> <p>Students will understand the role nutrition plays in muscle growth.</p> <p>Students will understand how the nervous system influence muscles.</p> <p>Students will understand the weakest point principle and how that affects your workout.</p>	<p>Project</p> <p>Quiz 3</p> <p>Quiz 3</p> <p>Teacher Observation Peer Review Peer Performance Check Self-Reflections Performance Assessment: Participation Safety Gross Motor Ability / Skill Attitude Cognitive Awareness</p> <p>Quiz 4</p> <p>Teacher Observation Peer Review Peer Performance Check Self-Reflections Performance Assessment:</p>	
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		<p>Students will understand how exercise can help relieve stress.</p> <p>Students will understand how some exercises help reduce the likelihood of an ACL tear.</p> <p>Students will create a personal workout.</p>	<p>Participation Safety Gross Motor Ability / Skill Attitude Cognitive Awareness</p> <p>Quiz 4</p> <p>Quiz 5 Teacher Observation Peer Review Peer Performance Check Self-Reflections Performance Assessment: Participation Safety Gross Motor Ability / Skill Attitude Cognitive Awareness</p> <p>Quiz 6</p> <p>Teacher Observation Peer Review Peer Performance Check Self-Reflections Performance Assessment: Participation Safety Gross Motor Ability / Skill Attitude Cognitive Awareness</p> <p>Read and response</p>	
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