

Southern Cayuga Central School District – Curriculum Map

Subject: CCC

School Year: 2022-2023

| Title or Topics w/ NYS Standards | Essential Questions & Vocabulary | Content Skills (Activities to cover Essential Questions) | Major Assessments (Tests, Project, etc.) | Time Frame |
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| <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</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:</p> <p>Analyze Delineate Distinguish Evaluate Formulate Hinder Objective Reciprocal Specify Succinct</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</p> <p>Quiz 2</p> <p>Project</p> <p>Quiz 3</p> <p>Quiz 3</p> | <p>Full Year</p> |

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| | Support Transition | <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>Quiz 4</p> <p>Quiz 4</p> <p>Quiz 5</p> <p>Quiz 6</p> <p>Read and response</p> <p>Quiz 7</p> <p>Quiz 8</p> <p>Quiz 9</p> <p>Quiz 10</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 likely hood of an ACL tear.</p> <p>Students will create a personal workout.</p> | <p>Take home quiz</p> <p>Project</p> | |
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