










Secondary Phys Ed Level 2 Pacing Guide

Intro to Strength & Conditioning

Purpose: Building on level 1, this sequence gradually and safely introduces students to barbell and dumbbell strength training, with a strong emphasis on proper technique and movement progression. Students will build confidence in the weight room, and become more self-guided in their training, with the goal of designing their own workout plan.

Yearly Overview

	UNIT	FOCUS AREA	PROGRAMS USED	SUPPLEMENTAL PROGRAMS
WEEK 1	Q1: Intro to Strength Training	 Introduction to the Powerlifts, Barbell loading, accessory strength, core strength & stability, weight room etiquette	Intro to Strength Training: Part 1	 INTRO TO FLEXIBILITY
WEEK 2				 INTRO TO NUTRITION
WEEK 3				
WEEK 4				
WEEK 5				
WEEK 6				
WEEK 7				
WEEK 8				
WEEK 9				
WEEK 10	Q2: Strength & Conditioning	 Building on Part 1, introduction to advanced barbell movements, continued emphasis on safety, form, and control	Intro to Strength Training: Part 2	 INTRO TO MOBILITY
WEEK 11				 APPLIED NUTRITION
WEEK 12				
WEEK 13				
WEEK 14				
WEEK 15				
WEEK 16				
WEEK 17				
WEEK 18				
WEEK 19	Q3: Personal Weight Training	 Strength development through compound barbell movements and accessory strength movement	Personal Weight Training	 STRETCHING ROUTINES
WEEK 20				Assessment: Squat, Press, Deadlift, Pull-Up, Air Squat, Plank Hold
WEEK 21				
WEEK 22				
WEEK 23				
WEEK 24				
WEEK 25				
WEEK 26				
WEEK 27				
WEEK 28	Q4: Personal Wellness	 Pursue elective interests, student-led fitness routines	Student Choice: Personal Weight Training, Personal Fitness, ReadyFit	Assessment: Program Design
WEEK 29				
WEEK 30				
WEEK 31				
WEEK 32				
WEEK 33				
WEEK 34				
WEEK 35				
WEEK 36				

Sample Weekly Schedules

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Q1	Intro to Strength: Lesson 1	Intro to Flexibility: Lesson 1	Intro to Strength: Lesson 2	Intro to Nutrition: Chapter 1	Intro to Strength: Lesson 3
Q2	Intro to Strength II: Lesson 1	Intro to Mobility: Lesson 1	Intro to Strength II: Lesson 2	Applied Nutrition: Chapter 1	Intro to Strength II: Lesson 3
Q3	Personal Weight Training: Lift 1	Stretching Routines	Personal Weight Training: Lift 2	Stretching Routines	Personal Weight Training: Lift 3
Q4	Student Elected Workout	Workout Builder	Student Elected Workout	Workout Builder	Student Elected Workout

Notes for Adaption

- Prioritize the Intro to Strength (I & II) lessons as your core curriculum; incorporate supplemental programs as schedules allow.
- For longer class periods due to block scheduling, consider combining physical lessons with cognitive lessons into one class (i.e. Intro to Strength Lesson 1 + Intro to Nutrition Chapter 1).
- Consider integrating health topics (e.g., Sleep or Stress Management) one day/week if running a full-year course.

Program Integration Tips

- Encourage students to log their own workouts via personal devices, or on a shared device using Rack View.
- Utilize ClassMode to project follow-along lessons such as mobility or stretching routines.
- If equipment is limited, have students begin on different exercises, and rotate through stations.
- Encourage students to log exercise notes such as modifications or weights used.
- Apply scaling to meet varied ability levels.

Assessment Breakdown

Q1-Q2: At the conclusion of Intro to Strength I & II, students will establish first-time maxes for:

- Back Squat
- Bench Press
- Deadlift
- Front Squat
- Strict Press
- Hang Clean

Q3-Q4: After navigating personalized strength workouts, students may continue pursuing their preferred S&C pathway in Q4. At the conclusion of Q4, students are asked to design and complete their own S&C program.