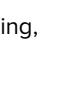


# Secondary Phys Ed Level 2 Pacing Guide

## 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:<br>Intro to Strength Training |  <p>Introduction to the Powerlifts, Barbell loading, accessory strength, core strength &amp; stability, weight room etiquette</p> | Intro to Strength Training: Part 1   |  <p>INTRO TO FLEXIBILITY</p>  |
| WEEK 2  |                                   |  |  |  |
| WEEK 3  |                                   |  |  |  |
| WEEK 4  |                                   |  |  |  |
| WEEK 5  |                                   |  |  |  |
| WEEK 6  |                                   |  |  |  |
| WEEK 7  |                                   |  |  |  |
| WEEK 8  |                                   |  |  |  |
| WEEK 9  |                                   |  |  |  |
| WEEK 10 | Q2:<br>Strength & Conditioning    |  <p>Building on Part 1, introduction to advanced barbell movements, continued emphasis on safety, form, and control</p>           | Intro to Strength Training: Part 2   |  <p>INTRO TO MOBILITY</p>     |
| WEEK 11 |                                   |  |  |  |
| WEEK 12 |                                   |  |  |  |
| WEEK 13 |                                   |  |  |  |
| WEEK 14 |                                   |  |  |  |
| WEEK 15 |                                   |  |  |  |
| WEEK 16 |                                   |  |  |  |
| WEEK 17 |                                   |  |  |  |
| WEEK 18 |                                   |  |  |  |
| WEEK 19 | Q3:<br>Personal Weight Training   |  <p>Strength development through compound barbell movements and accessory strength movement</p>                                 | Personal Weight Training   |  <p>STRETCHING ROUTINES</p> |
| WEEK 20 |                                   |  |  |  |
| WEEK 21 |                                   |  |  |  |
| WEEK 22 |                                   |  |  |  |
| WEEK 23 |                                   |  |  |  |
| WEEK 24 |                                   |  |  |  |
| WEEK 25 |                                   |  |  |  |
| WEEK 26 |                                   |  |  |  |
| WEEK 27 |                                   |  |  |  |
| WEEK 28 | Q4:<br>Personal Wellness          |  <p>Pursue elective interests, student-led fitness routines</p>   | <p><b>Student Choice:</b><br/>Personal Weight Training, Personal Fitness, ReadyFit</p> |  <p>STRETCHING ROUTINES</p> |
| WEEK 29 |                                   |  |  |  |
| WEEK 30 |                                   |  |  |  |
| WEEK 31 |                                   |  |  |  |
| WEEK 32 |                                   |  |  |  |
| WEEK 33 |                                   |  |  |  |
| WEEK 34 |                                   |  |  |  |
| WEEK 35 |                                   |  |  |  |
| WEEK 36 |                                   |  |  |  |

## Sample Weekly Schedules

|           | MONDAY                           | TUESDAY                        | WEDNESDAY                        | THURSDAY                      | FRIDAY                           |
|-----------|----------------------------------|--------------------------------|----------------------------------|-------------------------------|----------------------------------|
| <b>Q1</b> | 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      |
| <b>Q2</b> | 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   |
| <b>Q3</b> | Personal Weight Training: Lift 1 | Stretching Routines            | Personal Weight Training: Lift 2 | Stretching Routines           | Personal Weight Training: Lift 3 |
| <b>Q4</b> | 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.