

# Strength and Conditioning - Level 2

**Anchor Standard 1: Motor Skills and Movement Patterns:** **\_The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.\_** PE19.SC2.1

- A SC-1.1 Motor Skills and Movement Patterns: \_Physical fitness\_** PE19.SC2.1.A
  - 1 Demonstrate necessary components of physical fitness to achieve a desired level of individual success while participating in fitness activities. PE19.SC2.1.1
- B SC-1.2 Motor Skills and Movement Patterns: \_Strength and conditioning\_** PE19.SC2.1.B
  - 2 Exhibit proper fitness component techniques in strength and conditioning to achieve a desired level of health enhancement. PE19.SC2.1.2

**Anchor Standard 2: Movement and performance:** **\_The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.\_** PE19.SC2.2

- A SC-2.1 Movement and Performance: \_Safety\_** PE19.SC2.2.A
  - 1 Demonstrate safe and appropriate use and care of equipment and facilities for strength and conditioning. PE19.SC2.2.1
- B SC-2.2 Movement and Performance: \_Proper techniques\_** PE19.SC2.2.B
  - 2 Model proper skills and demonstrate components for the specific lift or agility drills. PE19.SC2.2.2

**Anchor Standard 3: Physical Activity and Fitness:** **\_The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.\_** PE19.SC2.3

- A SC-3.1 Physical Activity and Fitness: \_Healthy lifestyles\_** PE19.SC2.3.A
  - 1 Apply skills learned to execute a higher level of physical fitness while participating in strength and conditioning. PE19.SC2.3.1
- B SC-3.2 Physical Activity and Fitness: \_Strength and conditioning knowledge\_** PE19.SC2.3.B
  - 2 Participate in challenging activities requiring the utilization of newly-acquired skills involved in the workout program. PE19.SC2.3.2

**Anchor Standard 4: Personal and Social Behavior:** **\_The physically literate individual exhibits responsible personal**

- A SC-4.1 Personal and Social Behavior: \_Social behaviors\_** PE19.SC2.4.A
  - 1 Demonstrate the techniques pertaining to strength and conditioning while showing personal responsibility and etiquette in a social setting. PE19.SC2.4.1

and social behavior that respects self and others.\_ PE19.SC2.4

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**B SC-4.2 Personal and Social Behavior: \_Leadership skills\_ PE19.SC2.4.B**

- 2 Identify and describe examples of positive and negative behaviors while participating in a strength and conditioning program. PE19.SC2.4.2
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**Anchor Standard 5:  
Values Physical Activity:  
\_The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.\_ PE19.SC2.5**

**A SC-5.1 Values Physical Activity: \_Identify and evaluate\_ PE19.SC2.5.A**

- 1 Assess a strength and conditioning program to show how it can be beneficial to an individual's health and the enjoyment of self-selected physical activities. PE19.SC2.5.1
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**B SC-5.2 Values Physical Activity: \_Analyze\_ PE19.SC2.5.B**

- 2 Develop two types of strength and conditioning programs designed to enhance one's own current health and wellness to support a healthier family, classroom, and community. PE19.SC2.5.2