

Eadler Elective PE Curriculum

Standard 1: Motor Skills and Movement Patterns: Students demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Standard 2 Movement Concepts: Students demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3 Physical Activity: Students participate regularly in physical activity.

Standard 4 Health-Enhancing Physical Fitness: Students achieve and maintain a health-enhancing level of physical fitness.

Standard 5 Responsible Personal and Social Behavior: Students exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6 Value of Physical Activity: Students value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.



Bigger, Faster, Stronger Program

- <http://www.biggerfasterstronger.com/home/ProgramHome.asp>
- Core Lifts: Bench Press, Parallel Squat, Power Clean, Dead Lift, Towel Bench, Box Squat (3x3,3x5,5-3-1,10-8-6/4-4-2)
- Auxiliary Lifts
- Cardio

Week 1:

- 3 X 3

Week 2:

- 3 X 5

Week 3:

- 5,3,1

Week 4:

- 10,8,6/4,4,2