

Bath Middle School

Fitness Curriculum Overview

6th – 8th Grade

Standards: [Michigan Physical Education Standards](#)

Topics Covered
One Semester Class
Weight Training
Cross Fit Training
Cardiovascular Training
Plyometric Jump Training
Speed Training

Focus Skills and Concepts

- Follow all safety weight room and gym procedures.
- Demonstrate proper locker room behavior.
- Identify muscles that are used to perform a specific task.
- Self-assess muscular strength.
- Self-assess cardiovascular fitness level.
- Self-assess flexibility.
- Self-assess speed and endurance.
- Develop and implement a plan to improve strength and conditioning.
- Develop a weekly work out log
- Understand cross fit and circuit training.
- Understanding the push pull concept.
- Understand running and explosive movements.
- Demonstrate proper running form.
- Work cooperatively with peers in a variety of ways.
- Demonstrate leadership skills during workouts.

Essential questions students can answer at the end of the course:

- How does my body feel after a hard workout compared to a tough workout?
- What are some differences between a tough work out and easy workout?
- How do fitness skills apply to life outside of school?

Prerequisite skills critical for success in this class:

- Cooperative class behavior
- Sportsmanship and positive attitude

Assessments:

Jump rope

One-minute timed push-ups

One-minute timed sit-ups

Vertical jump test

Six-minute timed run