

# Strength and Conditioning - Level 1

**Anchor Standard 1: Motor Skills and Movement Patterns:** *The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.* PE19.SC1.1

**A SC-1.1 Motor Skills and Movement Patterns: Physical fitness** PE19.SC1.1.A

- 1 Describe physical fitness activities that contribute to the improvement of specific fitness components. PE19.SC1.1.1

**B SC-1.2 Motor Skills and Movement Patterns: Strength and conditioning** PE19.SC1.1.B

- 2 Identify skills and components needed to design an individualized strength and conditioning program. PE19.SC1.1.2

**Anchor Standard 2: Movement and performance:** *The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.* PE19.SC1.2

**A SC-2.1 Movement and Performance: Safety** PE19.SC1.2.A

- 1 Recognize unsafe situations related to participation in strength and conditioning. PE19.SC1.2.1

**B SC-2.2 Movement and Performance: Proper techniques** PE19.SC1.2.B

- 2 Identify skills and components an individual needs to participate successfully in strength and conditioning. PE19.SC1.2.2

**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.SC1.3

**A SC-3.1 Physical Activity and Fitness: Healthy lifestyles** PE19.SC1.3.A

- 1 Determine skills to increase health benefits while participating in strength and conditioning. PE19.SC1.3.1

**B SC-3.2 Physical Activity and Fitness: Strength and conditioning knowledge** PE19.SC1.3.B

- 2 Explain skills required for planning an individual strength and conditioning workout program. PE19.SC1.3.2

**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.SC1.4.A

- 1 Research and interpret the proper etiquette for participants in a strength and conditioning program in a public and private setting. PE19.SC1.4.1

and social behavior that respects self and others.\_ PE19.SC1.4

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**B SC-4.2 Personal and Social Behavior: \_Leadership skills\_ PE19.SC1.4.B**

- 2 Develop a list of your personal actions and how they impact you, teammates, peers, and opponents. PE19.SC1.4.2
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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.SC1.5**

**A SC-5.1 Values Physical Activity: \_Identify and evaluate\_ PE19.SC1.5.A**

- 1 Discuss how participation in a strength and conditioning program will assist in developing positive self-image and awareness. PE19.SC1.5.1
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**B SC-5.2 Values Physical Activity: \_Analyze\_ PE19.SC1.5.B**

- 2 Discuss and evaluate the benefits of socialization and self-expression in a strength and conditioning program. PE19.SC1.5.2