

Unified School District of De Pere Course Overview

Course Name: Speed & Strength/ Performance Training

Course # 8862 and 8861

Link to Standards Booklet: [Wisconsin Standards for Physical Education](#)

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Progressive Overload

Important Concepts/Skills	Standards Addressed (Essential Standards are in bold.)	Page Number (in Standards booklet)
Demonstrate appropriate technique of functional fitness, using body weight exercises, resistance-training, and free weights.	PE.S3.H6.L1	71
Identify terminology associated with exercise and participation in selected individual performance activities, dance, net/wall games, target games, aquatics, and outdoor pursuits appropriately.	PE.S2.H2.L1	67
Exhibit procedures, protocols, and respect for others, and teamwork while engaging in physical activity.	PE.S4.H2.L1	74

Muscle ID & Actions

Important Concepts/Skills	Standards Addressed (Essential Standards are in bold.)	Page Number (in Standards booklet)
Identify the structure of skeletal muscles and fiber types as they relate to muscle development.	PE.S3.H8.L1	71
Identify terminology associated with exercise and participation in selected individual performance activities, dance, net/wall games, target games, aquatics, and outdoor pursuits appropriately.	PE.S2.H2.L1	67

Muscle Contractions

Important Concepts/Skills	Standards Addressed (Essential Standards are in bold.)	Page Number (in Standards booklet)
Identify terminology associated with exercise and participation in selected individual performance activities, dance, net/wall games, target games, aquatics, and outdoor pursuits appropriately.	PE.S2.H2.L1	67
Analyze types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, proprioceptive neuromuscular facilitation (PNF), dynamic) for personal fitness development (e.g., strength, endurance, range of motion).	PE.S3.H8.L2	71

Energy Systems

Important Concepts/Skills	Standards Addressed (Essential Standards are in bold.)	Page Number (in Standards booklet)
Identify the different energy systems used in a selected physical activity (e.g., adenosine triphosphate and phosphocreatine, anaerobic glycolysis, aerobic).	PE.S3.H7.L2	71

Speed Development

Important Concepts/Skills	Standards Addressed (Essential Standards are in bold.)	Page Number (in Standards booklet)
Identify movement concepts and principles (e.g., force, motion, and rotation) in a selected physical activity skill.	PE.S2.H1.L1	67

Squat/Deadlift Skill

Important Concepts/Skills	Standards Addressed (Essential Standards are in bold.)	Page Number (in Standards booklet)
Demonstrate appropriate technique of functional fitness, using body weight exercises, resistance-training, and free weights.	PE.S3.H6.L1	71