



Weight Training

Essential Learnings Quarter View

Mt. Vernon Community School Corporation is committed to providing a guaranteed and viable curriculum for all students. A guaranteed curriculum ensures all students have the opportunity to learn the same essential learnings (EL's) or the curriculum that is determined to be essential for students to learn during the course. A viable curriculum ensures it is possible for all students to learn in the allotted time. The curriculum blueprint below lists the essential learnings students will be taught during each nine (9) week quarter. The goal is for every student to become proficient in every essential learning by the end of the school year.

1st Quarter -4th Quarter
I can move and progress through a warm-up before my workout.
I can improve my mobility and flexibility to improve my movement, performance and reduce the chance of injury.
I can properly demonstrate upper and lower body foundational exercises.
I will know why we are doing the exercises during the workout sessions.
I can properly demonstrate upper and lower body unilateral exercises.
I can properly demonstrate upper and lower body unilateral exercises.
I can properly demonstrate upper and lower body power and Olympic exercises.
I can properly demonstrate upper and lower body machines.
I can properly execute movements and drills associated with speed improvement.
I understand what and why exercise principles are utilized in developing strength training workouts.