Grades K-5:

|  |  |  |
| --- | --- | --- |
| **Grade K** | | |
| **Introduced** | **Continued** | **Mastered** |
| Heart Rate |  |  |
| Warm-Up |  |  |
| Cool-Down |  |  |
| Offense |  |  |
| Defense |  |  |
| Opposition |  |  |
| Agility |  |  |
| Balance |  |  |
| Endurance |  |  |
| Flexibility |  |  |
| Coordination |  |  |
| Power |  |  |
| Reaction Time |  |  |
| Body Composition |  |  |
| Cardio-Endurance |  |  |
| Muscle Endurance |  |  |
| Muscle Strength |  |  |
| Pacing |  |  |
| Exercise |  |  |
| Stretching |  |  |
| Speed |  |  |
| Frequency |  |  |
| Intensity |  |  |
| Time |  |  |
| Type |  |  |

|  |  |  |
| --- | --- | --- |
| **Grades 2-4** | | |
| **Introduced** | **Continued** | **Mastered** |
|  | Heart Rate |  |
|  | Warm-Up |  |
|  | Cool-Down |  |
|  | Offense |  |
|  | Defense |  |
|  | Opposition |  |
|  | Agility |  |
|  | Balance |  |
|  | Endurance |  |
|  | Flexibility |  |
|  | Coordination |  |
|  | Power |  |
|  | Reaction Time |  |
|  | Body Composition |  |
|  | Cardio-Endurance |  |
|  | Muscle Endurance |  |
|  | Muscle Strength |  |
|  | Pacing |  |
|  | Exercise |  |
|  | Stretching |  |
|  | Speed |  |
|  | Frequency |  |
|  | Intensity |  |
|  | Time |  |
|  | Type |  |

|  |  |  |
| --- | --- | --- |
| **Grade 5** | | |
| **Introduced** | **Continued** | **Mastered** |
|  |  | Heart Rate |
|  |  | Warm-Up |
|  |  | Cool-Down |
|  |  | Offense |
|  |  | Defense |
|  |  | Opposition |
|  |  | Agility |
|  |  | Balance |
|  |  | Endurance |
|  |  | Flexibility |
|  |  | Coordination |
|  |  | Power |
|  |  | Reaction Time |
|  |  | Body Composition |
|  |  | Cardio-Endurance |
|  |  | Muscle Endurance |
|  |  | Muscle Strength |
|  |  | Pacing |
|  |  | Exercise |
|  |  | Stretching |
|  |  | Speed |
|  |  | Frequency |
|  |  | Intensity |
|  |  | Time |
|  |  | Type |

Grades 6-8:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **6th Grade Continued** | **6th Grade Introduced** | **6th Grade Developed** | **7th Grade Developed** | **8th Grade Mastered** |
| Pacing | FITT: Warm-Up | Heart Rate | Pulse | FITT: Frequency |
| Exercise | FITT: Cool-Down | Agility | Target Heart Rate | FITT: Intensity |
| Stretching | Offensive | Balance | Heart Rate | FITT: Time |
|  | Defensive | Speed | Resting Heart Rate | FITT: Type |
|  |  | Endurance | Agility | Pacing |
|  |  | Flexibility | Balance | Exercise |
|  |  | Coordination | Speed | Stretching |
|  |  | Power | Endurance | Warm-Up |
|  |  | Reaction Time | Flexibility | Cool-Down |
|  |  | Body Composition | Coordination | Offensive |
|  |  | Cardio Endurance | Power | Defensive |
|  |  | Muscular Strength | Reaction Time | Pulse |
|  |  | Muscular Endurance | Body Composition | Target Heart Rate |
|  |  | Flexibility | Cardio Endurance | Heart Rate |
|  |  |  | Muscular Strength | Resting Heart Rate |
|  |  |  | Muscular Endurance | Agility |
|  |  |  | Flexibility | Balance |
|  |  |  | Pacing | Speed |
|  |  |  | Exercise | Endurance |
|  |  |  | Stretching | Flexibility |
|  |  |  | Warm-Up | Coordination |
|  |  |  | Cool-Down | Power |
|  |  |  | Offensive | Reaction Time |
|  |  |  | Defensive | Body Composition |
|  |  |  | FITT | Cardio Endurance |
|  |  |  |  | Muscular Strength |
|  |  |  |  | Muscular Endurance |
|  |  |  |  | Flexibility |
|  |  |  |  | FITT |

Grades 9-12:

|  |  |  |  |
| --- | --- | --- | --- |
| **9th Grade Intro** | **9th Grade Mastery** | **Elective Intro** | **Elective Mastery** |
| Atrophy | Overload | Pronation | Contraction |
| Mesomorph | Progression | Supination | Extension |
| Endomorph | Progressive Overload | Inversion | Flexion |
| Ectomorph | Body Mass Index (BMI) | Eversion | Periodization |
| Skinfold Test (% Body Fat) | SMART Goals | Adduction | Muscles |
| Sports Specific Skills | Specificity | Abduction | Tendons |
| Perceived Exertion | Isometric | Lateral Movement | Ligaments |
| Static | Isotonic | Anterior | Recovery Heart Rate |
| Dynamic | Frequency | Posterior | Perceived Exertion |
| Recovery Heart Rate | Intensity | Mesocycle | Mesomorph |
| Volley | Type | Macrocycle | Endomorph |
| Rally | Time | Microcycle | Ectomorph |
| Marking | HR (Heart Rate) | Rally Scoring | Body Mass Index (BMI) |
| Field/Court Awareness | THRZ (Target Heart Rate Zone) | Principle of Individual Differences | Skinfold Test (% Body Fat) |
| Transition Defense | MHR (Maximum Heart Rate) | Adaptation | Girth |
| Transition Offense | RHR (Resting Heart Rate) |  | Sedentary |
| Sedentary | Pulse (bpm) |  | Exercise |
| Exercise | Artery |  | Physical Activity |
| Physical Activity | Carotid Artery |  | CVD |
| CVD | Radial Artery |  | HBP |
| HBP | Hypertrophy |  | Type II Diabetes |
| Type II Diabetes | Sportsmanship |  | Osteoporosis |
| Osteoporosis | Offense |  |  |
|  | Defense |  |  |
|  | 11 Components of Fitness |  |  |
|  | Body Composition |  |  |
|  | Flexibility |  |  |
|  | Muscular Strength |  |  |
|  | Muscular Endurance |  |  |
|  | Cardiovascular Endurance |  |  |
|  | Agility |  |  |
|  | Balance |  |  |
|  | Coordination |  |  |
|  | Reaction Time |  |  |
|  | Power |  |  |
|  | Speed |  |  |
|  | Rest and Recovery |  |  |