

**Core Strength and Fitness Curriculum Map 2023-2024**

**Teacher: Mrs. Gillette**

**Subject: Core Strength and Fitness**

<b>MONTH</b>	<b>UNIT</b>	<b>Lessons or skills covered</b>
<b>August/ January</b>	<b>Basics</b>	<b>Learn the proper form of exercises we will be working on all semester. (push-ups, pull-ups, warm-ups, cool downs, sit-ups, etc.</b>
<b>September/ February</b>	<b>Upper body &amp; speed/agility focus</b>	<b>Key focus will be on upper body exercises, as well as speed and agility drills.</b>
<b>October/ March</b>	<b>Lower body &amp; Core strength</b>	<b>Key focus will be on lower body exercises with core strength built into the workouts.</b>
<b>November/ April</b>	<b>Back and shoulder focus</b>	<b>Key focus will be on exercises utilizing the back and shoulder muscles, with core strength and speed/agility drills also built into the workouts.</b>
<b>December/ May</b>	<b>All of it</b>	<b>Workouts will include a mix of everything we have been working on all semester.</b>

**\*Students take benchmark tests every month to track their progress.**