

PRESCOTT UNIFIED SCHOOL DISTRICT
District Instructional Guide
2015-2016

Grade Level: 10-12	Subject: Powerlifting-Baseball	Time: 2nd Semester	Core Text:
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Time	Topic	Content (Nouns)	Skills (Verbs)	Standards	Assessments
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Week 1	<i>Fitness Pre Testing</i>	Fun Run Squat Clean Bench	Endurance, Body Strength and Power	S1,S2,S3,S4, S5,S6,S7	Teacher observation and times recorded
Week 2-4	Powerlifting, Hitting/ Defense Skills	Lift 3 times per week (8-10 reps) Baseball 2 times per week	Same as above	S1,S2,S3,S4, S5,S6,S7	Same as above
Weeks 5-7	<i>Same as above</i>	Same as above except (4-6 reps)	Same as above	S1,S2,S3,S4, S5,S6,S7	Same as above
Weeks 8-10 Week 10 (spring break)	Powerlifting, Hitting/Defense Begin Games	Lift on non game days Game day Travel away Pre Game batting practice on home games	Same as above	Same as above	Same as above
Weeks 11-13	Power Lifting, Hitting/ Defense, Varsity- JV games	Same as above	Same as above	Same as above	Same as above
Weeks 14-17	Same as above	Same as above	Same as above	Same as above	Same as above

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Weeks 18-19	Same as above	State Playoffs Same as above If not turn in uniforms/equipment, Individual meetings Badminton/Kickball Finals	Same as above	Same as above	Same as above
Week 20	Same as above	Same as above	Same as above	Same as above	Same as above