

PRESCOTT UNIFIED SCHOOL DISTRICT
District Instructional Guide
2015-2016

Grade Level: 10-12	Subject: Powerlifting-Baseball	Time: 1st Semester	Core Text:
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Time	Topic	Content (Nouns)	Skills (Verbs)	Standards	Assessments
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Week 1	<i>Orientation/Rules/Safety/Lockers</i>	Syllabus/Student Handbook/Squads/Lift Partners	Listening, Observation	S1,S2,S3,S4, S5,S6,S7	Safety and Class Procedures. Fire and Lockdown Procedures
Week 2	Fitness/Powerlifting Pre-Test	60 yd. Sprint/ Home to 1st/ Home to 2nd/ Bench Press/ Squat/ Power Clean/ Pull Ups/ Sit Ups	Sprinting Speed/ Body Strength/ Power	S1,S2,S3,S4, S5,S6,S7	Teacher Observation/ Timed and Recorded
Weeks 3-6	<i>Powerlifting Hitting and Defense Skills</i>	Tu.- Wed. Pull Ups, Sit Ups, DB Bench,DB Rows, Squats, Cleans, Snatch (3x10) Mon. - Th. Hitting, Fielding, and Throwing Drills Fri. Scrimmage	Performing said lifts and exercises Various hitting, fielding, and throwing drills Demonstrate baseball skills through game play	S1,S2,S3,S4, S5,S6,S7	Observation of power lifting form and technique. Observation of hitting, throwing, and fielding fundamentals
Weeks 7-9	<i>Powerlifting Hitting and Defense Skills</i>	Tu, - Wed. Same as above (4 sets of 6-8 reps) Mon., Th., Fri. same as above	Same as above	Same as above	Same as above
Week 10	FALL BREAK				

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Weeks 11-13	Powerlifting Hitting and Defense	Tu. Wed. Same as above (4 sets of 4 to 6 reps) Mon., Thu., Fri., same as above	Same as above	Same as above	Same as above
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Weeks 14-16	Powerlifting, Sprinting and Conditioning	Same as above except M, Wed., Fri. (4 sets 6 to 8 reps)	Performing Said Lifts and Exercises, various sprinting, agility and conditioning exercises.	Same as above	Same as above
Weeks 17-18		(3 sets 8-10 reps)			

Week 19-20	Fitness/ Power Lifting Post Test	Test in: 60 yd Sprint- Pull ups Home to 1st- Home to 2nd- Sit ups- Bench Press Body weight 10 reps- Squat same as above- Clean same except 5 reps.	Sprinting Speed, Body Strength and Power	Same as above	Same as above
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