



## **PE Curriculum: Strength, Speed, Agility, Flexibility** MTMS Health and Wellness Center / Grades 7&8

Our fitness curriculum envisions empowering students to develop lifelong physical fitness habits that enhance their overall health and well-being. By fostering strength, speed, agility, and flexibility, we aim to build confidence and competence in a variety of physical activities. The curriculum emphasizes inclusivity, safety, and progression, ensuring every student can participate and grow at their own pace. Through engaging, evidence-based practices, we strive to inspire a commitment to personal health and a passion for physical activity that extends beyond the classroom.

The MTMS Strength, Speed, Agility, and Flexibility curriculum is designed as a supplement to the MTMS Health and Physical Education Curriculum. Participation in this curriculum is optional, and students may choose to engage in traditional physical education activities at any time. To ensure access to the MTMS Health and Wellness fitness equipment during physical education classes, athletic practices, or before and after school, parents must complete the permission slip provided at the end of this document. This curriculum offers students an additional opportunity to enhance their fitness experience in a safe and structured environment.

The following activities demonstrate strength, speed, agility, and flexibility in alignment with the **2020 New Jersey Student Learning Standards for Physical Education**. These activities are classified as either Class A or Class B, with each category requiring a specific level of supervision based on the activity's complexity and safety needs.

# CLASS A FITNESS ACTIVITIES

MTMS students may utilize the Class A fitness equipment under the supervision of a district physical education teacher or district appointed “coach.”

## Class A Fitness Equipment

Stationary Bicycles	TreadMills (Walking ONLY)
Elliptical Trainers	Stretching / Exercise Bands
Bosu Balls	Foam Rollers
Small Hurdles	Speed Ladder

The following activities represent Class A training tasks to be completed during physical education classes, during after- before-school training sessions under the direct supervision of a physical education teacher and or district appointed coach. Activities include but are not limited to...

## Stationary Bicycles

1. **Heart Rate Monitoring Ride:** Students cycle while monitoring their heart rate using wearable technology, applying the FITT principle (2.2.8.PF.3).
2. **Interval Training:** Alternate between high and low resistance to develop endurance (2.2.8.PF.1).
3. **Distance Challenge:** Compete individually or in teams to reach a target distance, promoting teamwork (2.2.8.PF.2).

## Treadmills (Walking Only)

4. **Speed Walk Challenge:** Use varied inclines to demonstrate control of motion and force (2.2.8.MSC.2).
5. **Walking to the Beat:** Walking to different tempos or music beats, emphasizing rhythm and tempo (2.2.8.MSC.3).
6. **Time Trials:** Assess improvement over a set period by walking a specific distance or time (2.2.8.PF.4).

## Elliptical Trainers

7. **Cross-Training Circuit:** Include elliptical sessions in a cross-training workout to enhance endurance (2.2.8.LF.5).
8. **Motion Awareness Exercise:** Focus on body movement and coordination while using the machine (2.2.8.MSC.4).
9. **Partner Challenge:** Take turns setting paces and competing to maintain a rhythm (2.2.8.PF.2).

## Stretching/Exercise Bands

10. **Resistance Circuit:** Perform strength-based activities with bands, emphasizing effective fitness principles (2.2.8.LF.5).
11. **Dynamic Stretching:** Use bands for controlled stretches to demonstrate motion flow and control (2.2.8.MSC.2).
12. **Band Choreography:** Create sequences incorporating bands into movement routines (2.2.8.MSC.3).

## Bosu Balls

13. **Balance Challenges:** Develop stability through single-leg exercises on the ball (2.2.8.MSC.4).
14. **Core Workouts:** Use the Bosu ball for core exercises, such as planks, to enhance fitness levels (2.2.8.PF.1).
15. **Reaction Drills:** Toss and catch objects while balancing on the Bosu ball, improving dynamic response (2.2.8.MSC.2).

## Foam Rollers

16. **Post-Workout Recovery:** Use foam rollers for self-myofascial release to understand recovery techniques (2.2.8.PF.1).
17. **Mobility Improvement:** Practice rolling techniques for improved flexibility and movement range (2.2.8.MSC.4).

## Small Hurdles

18. **Agility Drills:** Perform hurdle jumps to practice controlling force and body movement (2.2.8.MSC.2).
19. **Pattern Creation:** Design and follow a sequence of hurdle exercises (2.2.8.MSC.3).

## Speed Ladder

20. **Footwork Practice:** Execute ladder drills focusing on tempo and rhythm (2.2.8.MSC.3).
21. **Competitive Drills:** Race peers through the ladder for time, building social engagement and control (2.2.8.PF.2).

## CLASS B FITNESS ACTIVITIES

MTMS students may utilize the Class B fitness equipment ONLY under the supervision of a teacher with National Academy of Sports Medicine (NASM) Certified Personal Trainer (CPT) documentation.

### Class B Fitness Equipment

Free Weights & Dumbbells

Smith Machine (barbell exercises)

Cable type weight lifting machines

Vertimax

Hex Bar

Tread Mill (Including Running)

Any other fitness equipment that includes the use of weights.

The following activities represent Class B training tasks to be completed during physical education classes, during after-before-school training sessions under the direct supervision of a **teacher with National Academy of Sports Medicine (NASM) Certified Personal Trainer (CPT) documentation.** Activities include but are not limited to...

### Free Weights & Dumbbells

1. **Bicep Curls:** Perform controlled bicep curls while monitoring form, focusing on proper movement techniques (2.2.8.MSC.4).
2. **Dumbbell Bench Press:** Practice strength-building exercises with emphasis on safety and technique (2.2.8.LF.5).
3. **Dumbbell Lunges:** Combine balance and strength while engaging major muscle groups (2.2.8.PF.1).

### Smith Machine (Barbell Exercises)

4. **Squats with Barbell:** Perform squats with guidance to enhance lower body strength and flexibility (2.2.8.PF.4).
5. **Overhead Press:** Use the machine to improve shoulder strength while monitoring body alignment (2.2.8.MSC.4).
6. **Incline Bench Press:** Focus on upper body strength and learn to track progress using personal fitness indicators (2.2.8.PF.3).

## Cable-Type Weight Lifting Machines

7. **Cable Rows:** Engage in pulling exercises to strengthen back and arms, maintaining proper force and control (2.2.8.MSC.2).
8. **Tricep Pushdowns:** Use cable machines to isolate and strengthen tricep muscles (2.2.8.PF.1).
9. **Cable Chest Flys:** Practice controlled chest flys to build strength while refining movement technique (2.2.8.MSC.4).

## Vertimax

10. **Explosive Jumps:** Develop power and agility by performing resistance-based vertical jumps (2.2.8.MSC.2).
11. **Lateral Bounds:** Practice lateral movements with resistance to enhance speed and agility (2.2.8.PF.1).
12. **Sprint Training:** Use the Vertimax for sprint drills that improve acceleration and technique (2.2.8.MSC.4).

## Hex Bar

13. **Deadlifts:** Perform hex bar deadlifts to build overall strength while practicing correct lifting posture (2.2.8.PF.4).
14. **Hex Bar Shrugs:** Use the hex bar to strengthen upper traps, ensuring proper control of movement (2.2.8.MSC.4).

## Treadmills (Running)

7. **Speed Running Challenge:** Use varied inclines to demonstrate control of motion and force (2.2.8.MSC.2).
8. **Running to the Beat:** Running to different tempos or music beats, emphasizing rhythm and tempo (2.2.8.MSC.3).
9. **Time Trials:** Assess improvement over a set period by running a specific distance or time (2.2.8.PF.4).

## MTMS Strength, Speed, Agility, and Flexibility Curriculum Permission Slip

Dear MTMS Parent/Guardian,

Your child has the opportunity to participate in the MTMS Strength, Speed, Agility, and Flexibility curriculum, which serves as an addendum to the MTMS Health and Physical Education Curriculum. This optional program is designed to enhance students' physical fitness by focusing on strength, speed, agility, and flexibility, utilizing specialized fitness equipment such as free weights, dumbbells, resistance bands, treadmills, Bosu balls, and more.

Participation in this curriculum is entirely voluntary, and students may choose to participate in traditional physical education activities at any time. Parents or guardians must complete this permission slip for their child to access and use the MTMS Health and Wellness fitness equipment during physical education classes, athletic practices, or before and after school hours.

The MTMS Health and Wellness program emphasizes safety, supervision, and proper technique when using all fitness equipment. By signing this permission slip, you acknowledge the potential physical demands of this curriculum and provide consent for your child to participate.

### Student Information

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

### Parent/Guardian Agreement

I, the undersigned parent/guardian, give permission for my child to participate in the MTMS Strength, Speed, Agility, and Flexibility curriculum. I understand that participation is optional, and my child may opt out to join traditional physical education activities at any time. I also acknowledge that my child will have access to specialized fitness equipment under the supervision of MTMS staff.

By signing, I release MTMS and its staff from any liability related to my child's participation in this program, understanding that the curriculum will be conducted in a safe and controlled environment.

Parent/Guardian Name (Printed): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Thank you for supporting our efforts to provide enriching fitness opportunities for our students.

Sincerely,  
Patrick J Ciccone

