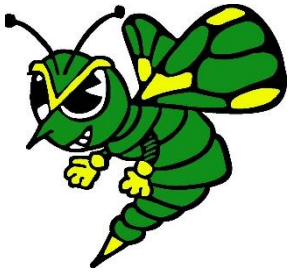
HORNET TARGETS

"CAN I?"



HIGH SCHOOL ATHLETIC ENHANCEMENT PE

Discover · Explore · Practice · Create

Target #	*Target*	*Can I?'s*
AE1	I CAN demonstrate competency in 2 or more specialized skills in health-related fitness activities.	• Increase bench press max by 15 % of initial testing? • Increase squat max by 15 % of initial testing? • Increase hang clean by 15 % of initial testing?
AE2	I CAN develop and maintain a fitness portfolio.	• Maintain personalized workout plan based on their sports needs and implement program during class? • Create fitness goals that are measurable, realistic, and attainable?
AE3	I CAN understand how exercise is beneficial to my overall health?	• Demonstrate personal value of exercise through journals and self-reflection? • Identify the benefits of exercises related to different health-related fitness concepts?
AE4	I CAN understand different exercise movements.	• Identify types of strength exercises that increase power and speed? • Identify the difference between muscular strength and muscular endurance?
AE5	I CAN demonstrate safety in a physical fitness setting.	• Use the correct form on all major lifts (clean, squat, bench press)? • Use the correct technique spotting on all the major core lifts? • Follow the rules of class in a fitness setting? • Maintain a safe environment?