



CrossFit
Year at a Glance (YAG)



First Semester		Second Semester	
1 st Nine Weeks –		3 rd Nine Weeks –	
<p>TEKS</p> <p>FFM: B1, B2, C1, C1.A, C2, C2.B, C3.A, C4, C4.A, C4.D</p> <p>PE: AC.2A, AC.2B, AC.2D, AC.3A, AC.3B, AC.3C, AC.3D, AC.3E, AC.3G, AC.4A, AC.4B, AC.4C, AC.5A, AC.5B, AC.5C, AC.5D</p> <p>FFM: B1-3, C1.B, C2, C2.A, C3, C3.A, C4, C4.B, C4.D</p> <p>PE: AC.2A, AC.2B, AC.2C, AC.3A, AC.3B, AC.3C, AC.3D, AC.3E, AC.AC.3F, AC.4A, AC.4B, AC.4C, AC.5A</p>	<p>Block 1</p> <p>In this block the students will learn about Crossfit. CrossFit is: “constantly varied, high-intensity functional movement.” This is our prescription. The aim of CrossFit is to forge a broad, general, and inclusive fitness. We will talk about Crossfit Methodology, Nine Foundational Movements. In this block we will address specifically the Front Squat and Upper Body Pull. The students pre-assessment will be “Lactic Tolerance” or ‘Fran”</p> <p>All workouts can be scaled based on fitness level.</p> <p>Students will participate in Daily Strength exercises and Daily Workouts. The workouts will vary in length.</p> <p>In this block the students will be performing the Deadlift and Upper Body Push. The Deadlift and Shoulder Press and two of the nine “Foundational Movements” in Crossfit. Each student will go through a pre-assessment of a Deadlift and a Shoulder Press.. the workout that we will focus on is “Diane”</p> <p>All workouts can be scaled based on fitness level.</p> <p>Students will participate in Daily Strength exercises and Daily Workouts. The workouts will vary in length.</p>	<p>TEKS</p> <p>FFM: B1-3, C1.A-B, C2, C2.A - B, C3, C3.A-C, C4, C4.A, C4.C, C4.D</p> <p>PE: AC.3B, AC.3C, AC.3D, AC.3E, AC.3F, AC.3G, AC.5A, AC.5B, AC.5C</p> <p>FFM: B1-3, C1.A-B, C2, C2.A, B, C3, C3.A-C, C4, C4.A, C4.C, C4.D</p> <p>PE: AC.1B, AC.2A, AC.2C, AC.3A, AC.3B, AC.3C, AC.3D, AC.3E, AC.3F, AC.5A, AC.5D</p>	<p>Block 3</p> <p>In this block we will begin to learn about nutrition and how it plays a role in performance. We will be learning about the “Zone Nutrition Plan”. In this unit students will learn about meal preparation, how to shop healthy at the grocery store and using the “Block Prescription” The Block Prescription is based on gender and body type.</p> <p>The students will create a food log and we will evaluate their nutritional choices.</p> <p>Also in this block the lifts that will be addressed are “MedBall Clean” “Power Clean” and into the “Snatch” All students will have a pre-workout weight and a post workout weight.</p> <p>All workouts can be scaled based on fitness level.</p>



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2 nd Nine Weeks –		4 th Nine Weeks –	
<p>TEKS</p> <p>FFM: B1-3, C1.A-B, C2, C2.A-B, C3, C3.A-C, C4, C4.A, C4.C, C4.D</p> <p>PE: AC.1A, AC.1B, AC.3B, AC.3D, AC.3E, AC.3H, AC.4A, AC.4B, AC.4C, AC.4D, AC.5A, AC.5B, AC.5D</p>	<p>Block 2</p> <p>In this block the students will be performing the Deadlift and Upper Body Push. The Deadlift and Shoulder Press and two of the nine “Foundational Movements” in Crossfit. Each student will go through a pre-assessment of a Deadlift and a Shoulder Press.. the workout that we will focus on is “Diane”</p> <p>All workouts can be scaled based on fitness level.</p> <p>Students will participate in Daily Strength exercises and Daily Workouts. The workouts will vary in length.</p>	<p>TEKS</p> <p>FFM: B1-3, C1.A-B, C2, C2.A-B, C3, C3.A-C, C4, C4.A-D.</p> <p>PE: AC.2A, AC.2C, AC.3A, AC3B, AC.3C, AC.3D, AC.3E, AC.3F, AC.3G, AC.5A, AC.5B</p>	<p>Block 4</p> <p>In this final block the students will participate in a variety of activities. We will incorporate the “Nine Foundational” movements in our workouts and even access a One Mile Run.</p> <p>We will continue with our Pull Unit and progress to the “Snatch”</p> <p>All workouts can be scaled based on fitness level.</p>