

Weight Training

- PS 1 Students will achieve a level of competency in motor skills and movement patterns. ([Strand 1](#))
- PS 2 Students will apply knowledge to attain efficient movement and performance. ([Strand 2](#))
- PS 3 Students will understand the components necessary to maintain a healthy level of fitness to support physical activity. ([Strand 3](#))
- PS 4 Students will develop cooperative skills and positive personal behavior through communication and respect for self and others. ([Strand 4](#))