

# Weight Training

Content Area: **Physical Education and Health**  
Course(s): **Physical Education 9, Physical Education 10, Physical Education 11, Physical Education 12**  
Time Period: **School Year**  
Length: **8 blocks**  
Status: **Published**

## Transfer

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Big Idea: Cooperation, Work Ethic, Skill Development and Physical Fitness

## Enduring Understandings

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A healthy lifestyle is the key to optimal performance and wellness.

To gain muscle strength one must lift heavy weight, low repetitions (6-8).

To tone muscles one will use less weight with more repetitions (12-15).

Weight room rules and safety regulations must be followed for a safe and healthy environment.

Lifetime fitness depends upon understanding how each fitness component is developed and measured and how to design and implement a personal fitness plan that supports a healthy, active lifestyle.

## Essential Questions

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What does it mean to be fit?

How do I increase my level of muscle strength and or muscle tone?

What makes for a safe learning environment?

How do you realize age- appropriate fitness?

## **Content**

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### **Vocabulary**

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Overload

Repetitions

Sets

Frequency

Intensity

Antagonistic muscle groups

Free weights

Plate loaded machines

### **Learning Objectives**

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Understand the proper use of all equipment & how to adjust the equipment correctly.

Demonstrate proper form and technique when performing a weight lifting exercise.

Identify reasons why students must avoid lifting too much weight if it is going to compromise their form or technique and become a safety issue.

Identify the benefits of weight training (i.e. reduces body fat, increases muscle strength, increases muscle endurance, raises your metabolic rate, and can help prevent injuries)

## **Standards**

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| HPE.2.5.12     | All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.                       |
| HPE.2.5.12.A   | Movement Skills and Concepts   |
| HPE.2.5.12.A.2 | Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance. |
| HPE.2.6.12     | All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.    |
| HPE.2.6.12.A.1 | Compare the short- and long-term impact on wellness associated with physical inactivity.   |
| HPE.2.6.12.A.4 | Compare and contrast the impact of health-related fitness components as a measure of fitness and health.                                     |