

# Unit: Strength Training 9-10

Content Area: **Physical Education**  
Course(s): **Physical Education I, Physical Education II**  
Time Period: **Week**  
Length: **6 weeks total**  
Status: **Published**

## Unit Overview

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Fitness is an important aspect in an adolescents life. A structured fitness program will promote a healthy lifestyle for the student. Students will build on their muscular endurance and strength, with emphasizing on core exercises. Students will be able to cooperate with classmates to achieve a common goal. In this unit, students will work to improve their knowledge on using equipment and over all wellness.

## Transfer

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Students will be able to independently use their learning to...

- continue to develop and maintain a fitness level on their own
- understand how to incorporate different strength training methods to improve their fitness
- able to comprise a workout on their own to maintain their fitness level

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For more information, read the following article by Grant Wiggins.

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## Meaning

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## Understandings

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Students will understand that...

- Gain a better understanding on how to correctly use equipment in the weight room.
- Recognize what specific lift goes with each muscle group
- How to use various exercises to improve overall fitness level.
- How to modify their fitness activities to meet their personal level of fitness
- Developing social and mental skills by participating in a fitness program.

### **Essential Questions**

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Students will keep considering...

- How does exercise enhance overall fitness?
- What are some ways I can train in order to improve personal strength?
- What does an effective strength training program look like?

### **Application of Knowledge and Skill**

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#### **Students will know...**

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Students will know...

- \* Benefits of physical activity (physical, social, and emotional)
- \* Basic Principles of Exercise
- \* Training Methods- free weights, cable machines, body weight
- \* Weight Training- sets, reps, super sets, etc.

- \* Circuit
- \* Pace
- \* Components of Health-related Fitness
- \* Muscular Strength & Endurance
- \* Flexibility
- \* Assessing Fitness Levels
- \* Fitness Test in each component

### **Students will be skilled at...**

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Students will be skilled at...

- \* Developing proper technique in using equipment
- \* Developing proper technique to improve muscular endurance and strength
- \* Gaining knowledge on the various exercises to improve overall wellness in strength
- \* Understand the importance of safety by using equipment in a weight room
- \* Gaining knowledge on how to correctly workout with a partner

### **Academic Vocabulary**

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Muscular strength

Muscular endurance

Sets

Reps

Super sets

FITT principle

Intensity level

Flexibility

Spotter

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### **Learning Goal 1**

Students will develop an understanding of the proper form and technique for various upper body and lower body lifts/ exercises.

- Students will develop an understanding of the proper form and technique for various upper body and lower body lifts/ exercises.

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### **Target 1**

Students will gain an understanding on how to use the equipment properly to gain maximum effort in a weight room.

- Students will participate in a strength circuit that will improve their overall strength level to prepare them for their strength tests. Students will perform various exercises during warm-ups to improve their flexibility.

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### **Target 2**

Students will be able to demonstrate proper technique in various strength exercises that will develop upper and body strength.

- Students will be able to demonstrate proper technique in various strength exercises that include weight training and isometric exercises.

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### **Learning Goal 2**

Students will develop an understanding of the proper form for various upper body lifts.

- Students will develop an understanding of the proper form for various upper body lifts.

## **Target 1**

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Students will be able to demonstrate proper technique in running to perform at a level to their ability. Students will be able to develop and maintain pace while running or walking.

- Students will be able to demonstrate proper technique in running to perform at a level to their ability. Students will be able to develop and maintain pace while running or walking.

## **Target 2**

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Students will be able to increase their heart rate by completing laps while running/walking. Students will perform various exercises during warm-ups to improve their flexibility.

- Students will be able to increase their heart rate by completing laps while running/walking. Students will perform various exercises during warm-ups to improve their flexibility.

## **Learning Goal 3**

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Students will participate in a fitness unit that will improve their personal agility level which will allow them to be prepared for the shuttle run test as a measure of their agility level.

- Students will participate in a fitness unit that will improve their personal agility level which will allow them to be prepared for the shuttle run test as a measure of their agility level.

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.A.CS1	Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction.

## **Target 1**

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Students will participate in a agility circuit that will improve their personal agility level to prepare them for the shuttle run test. Students will be able to implement movement skills in isolated and applied settings.

- Students will participate in a agility circuit that will improve their personal agility level to prepare them for the shuttle run test. Students will be able to implement movement skills in isolated and applied settings.

## **Target 2**

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Students will be able to demonstrate proper technique in various exercises related to agility. Students will perform various exercises during warm-ups to improve their flexibility.

- Students will be able to demonstrate proper technique in various exercises related to agility. Students will perform various exercises during warm-ups to improve their flexibility.

## **Learning Goal 4**

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Students will participate in a fitness unit that will improve their personal power level which will allow them to be prepared for the standing broad jump test as a measure of their power level.

- Students will participate in a fitness unit that will improve their personal power level which will allow them to be prepared for the standing broad jump test as a measure of their power level.

HPE.2.6.12.A.4	Compare and contrast the impact of health-related fitness components as a measure of fitness and health.
HPE.2.6.12.A.CS1	Taking personal responsibility to develop and maintain physical activity levels provides opportunities for increased health, fitness, enjoyment, challenges, self-expression, and social interaction.

## **Target 1**

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Students will participate in a power circuit that will improve their personal power level to prepare them for the standing broad jump test. Students will be able to implement movement skills in isolated and applied settings.

- Students will participate in a fitness unit that will improve their personal power level which will allow them to be prepared for the standing broad jump test as a measure of their power level.

## **Target 2**

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Students will be able to demonstrate proper technique in various exercises related to power. Students will perform various exercises during warm-ups to improve their flexibility.

- Students will be able to demonstrate proper technique in various exercises related to power. Students will perform various exercises during warm-ups to improve their flexibility.

## **Summative Assessment**

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Participation Assessment

- \* Teacher Observation
- \* Student/Peer Observation

Skill Performance

- \* Specific Skill Assessment Rubrics
- \* Teacher Observation
- \* Skill Testing

## **21st Century Life and Careers**

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CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP3	Attend to personal health and financial well-being.
CRP.K-12.CRP12	Work productively in teams while using cultural global competence.

## **Formative Assessment and Performance Opportunities**

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Teacher Observation

Class Participation

Skill Performance

Self and Peer Assessments

Specific Skill Assessment Rubrics

Discussions

Journal Writing

## **Differentiation/Enrichment**

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Each student will be provided an opportunity to be successful through the use of monitoring, practice and repetition of skills.

## **Unit Resources**

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- \* Cones
- \* Agility Ladders
- \* Dot Mats
- \* Jump Ropes
- \* Medicine Balls

- \* Plyometric Boxes
- \* Free Weights
- \* Universal Machines
- \* Mats
- \* Pull-up bars
- \* Ropes
- \* All Weather Track
- \* Paved Oval