

# Unit: Weight Training 11-12

Content Area: **Physical Education**  
Course(s): **Physical Education III, Physical Education IV**  
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 cardiovascular endurance, strength, agility, and power, as well as their ability to cooperate with classmates to achieve a common goal. In this unit, students will work to improve their overall 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
- 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 the importance of fitness
- 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 mentall 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 fitness?
- What does an effective fitness 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

- \* Principle of Overload
- \* Principle of Progression
- \* Principle of Specificity

F.I.T.T. Principle

## Training Methods

- \* Weight Training
- \* Circuit

## Physiological Responses to Exercise

- \* Resting heart rate
- \* Target heart rate

## Components of Health-related Fitness

- \* Strength

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

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### Strength

- \* Developing proper technique in the various lifts to improve their overall fitness level in strength.
- \* Recognizing the various lifts that go with the specific muscle.
- \* Developing proper technique on spotting their partner to provide safety while lifting.
- \* Recognize the various types of workouts that fit their fitness goal.

## **Academic Vocabulary**

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\*F.I.T.T.

- \* Spotter
- \* Set
- \* Repetition
- \* Free Weights

- \* Exercise
- \* Bench Press
- \* Incline Press
- \* Lat Pulldowns
- \* Shoulder Press, Shrugs
- \* Curls
- \* Tricep Extensions
- \* Leg Curls
- \* Leg Extensions
- \* Leg Press
- \* Squats
- \* Max Lift

## **Target 2**

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Students will perform various exercises during warm-ups to improve their flexibility.

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## **Target 1**

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Students will be able to perform proper technique on upper and lower body lifts, and isometric exercises that will be enhance their fitness level.

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## **Learning Goal 3**

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Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact fitness performance.

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HPE.2.6.12.A.2 Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training principals. (FITT and additional training principles)

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 be able to implement movement skills in isolated and applied settings.

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## **Target 2**

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Students will be able to identify movement skill errors and correct them in response to feedback.

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## **Summative Assessment**

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Participation Assessment

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

Skill Performance

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

## **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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\* Free Weights/Olympic Bars

\* Universal Machine

\* Mats

\* Dumbbells

\* Pull-up bars

