

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

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

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

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

http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60

Meaning

Understandings

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

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

Students will know...

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...

Students will be skilled at...

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

- * 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

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

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Target 1

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

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Learning Goal 3

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

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

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

Target 2

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

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Summative Assessment

Participation Assessment

- * Teacher Observation
- * Student/Peer Observation

Skill Performance

- * Specific Skill Assessment Rubrics
- * Teacher Observation

21st Century Life and Careers

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

Teacher Observation

Class Participation

Skill Performance

Self and Peer Assessments

Specific Skill Assessment Rubrics

Discussions

Journal Writing

Differentiation/Enrichment

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

Unit Resources

* Free Weights/Olympic Bars

* Universal Machine

* Mats

* Dumbbells

* Pull-up bars

