

PE Unit 03: Weight Room

Content Area: **Health & PE**
Course(s): **PE 01, PE 2, Health 4, PE 4, PE 3**
Time Period: **Generic Time Period**
Length: **3 weeks**
Status: **Published**

Unit Introduction

Weight Room Unit will include: weight room safety and procedural policies, proper technique, proper names of equipment and their usage, understand their own muscle groups, developing a fitness program and implementing it in hope to be used in their life long activities.

Standards

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.2.5.12.B.2	Apply a variety of mental strategies to improve performance.
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.

Essential Questions

How does anaerobic/aerobic training affect your fitness level?

How does physical health affect social and intellectual health?

What are the primary differences between muscular strength and muscular endurance?

What safety practices should you follow when lifting weights?

Why is permanent weight control best achieved by a combination of diet and exercise?

Content / Skills

Weight room and its various equipment.

Supplemental worksheets.

Sanitary and Safety information.