

INSTRUCTIONAL PACING GUIDE: WEIGHTLIFTING

Subject Area: Physical Education

Course Number:

Grade Level: 9 – 12

Credit: 0.5

Prerequisite: Individual Sports I

Category: Individual

Fitness Components Emphasized: Skill-related and maintenance/improvement of health-related components of fitness

The purpose of this course is to enable students to acquire a more than basic knowledge of how to achieve and maintain a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.

Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of weightlifting training.

The content should include, but not be limited to the following: safety practices, rules, terminology, etiquette, Mile run, circuit training, cross fit training, circuit run, weight training, group stretching, jog/walk activities and form running.

WEIGHTLIFTING QUARTER 1		
CONTENT STANDARD	OBJECTIVE	Assessments
1st week Cognitive Approximately five – 55 minute periods of time to complete	Lesson/Information to be Covered Orientation Course Syllabus Attendance Procedures Rules and Regulations Locks and Lockers Uniforms Go over rules associated with the course activities.	Pre-Test

<p>2nd Week Cognitive/Perform Approximately five –55 minute periods of time to complete Perform/Cognitive</p>	<p>Identify safety issues Explain methods of monitoring levels of intensity during aerobic activities. Discuss safety issues pertaining to exercises, equipment and safety in general.</p> <p>Review heart rate checks. Use technology to analyze data to evaluate and monitor.</p>	<p>Pre – Testing/Goal Setting for fitness improvement Pre-test on 12 minute walk/run, push-ups crunches or max weight lifts on core lifts.</p>
<p>3rd Week Perform Approximately five –55minute periods of time to complete</p>	<p>Physical fitness and wellness performance measurement Goal setting, using a fitness journal/ selection of activities. Review basic core exercises and application to everyday movements. Use a variety of equipment. Med / stability balls, bands, BOSU, etc. Circuit training. Review of floor exercises. Practical application. Concentrate on correct techniques and body mechanics during practical application exercises. Concentrate on complex motor skills with med balls/ stability balls, etc. to improve performance.</p>	<p>Fitness pretest Pacer Test</p>
<p>4st week Perform Approximately five – 55 minute periods of time to complete</p>	<p>Introduction to Weight Training and conditioning Lesson/Information to be Covered Orientation Course Syllabus</p>	<p>Pre-Test Weightlifting Assessment Teacher observation Rubric and Checklist</p>

	Attendance Procedures Rules and Regulations Locks and Lockers Uniforms Go over rules associated with the course activities.	
5thWeek Cognitive/Perform Approximately five –55 minute periods of time to complete Perform/Cognitive	Fitness/Strength Conditioning Mini-Lessons Introduce the three types of weight training Introduce heart rate checks. Introduce body position (Stance, start, arm action,)	Pre – Testing/Goal Setting for fitness improvement
6 th Week Perform/Cognitive Approximately five –55minute periods of time to complete	Explain and demonstrate proper spotting technique Introduction of prime mover muscles, biomechanics, Circuit training. Concentrate on correct techniques and body mechanics during practical application exercises. Concentrate on complex motor skills with med balls/ stability balls, etc. to improve performance.	Calculate individual target heart rate and analyze how to adjust intensity.
7week Perform Approximately five – 55 minute periods of time to complete	Introduction to Resistance Training Reps Sets Tempo Force Exercise Muscle overload	Pre-Test Personal Workout Sheet Mile Run Times Circuit Run Times PFT Improvement Assessment Weightlifting Assessment Teacher observation Rubric and Checklist

8thWeek Perform Approximately five –55 minute periods of time to complete Perform/Cognitive	Jog/Walk Training Interval running Incline running Distance running	Pre – Testing/Goal Setting for fitness improvement Personal Workout Sheet Mile Run Times Circuit Run Times PFT Improvement Assessment
9 th Week Cognitive /Affective Approximately five –55minute periods of time to complete	Review Selecting and modifying weight training and fitness activities Evaluate risks and safety factors Select and analyze fitness activities that enhance personal enjoyment Develop a fitness log	Pre-Test Personal Workout Sheet Mile Run Times Circuit Run Times PFT Improvement Assessment Weightlifting Assessment Teacher observation Rubric and Checklist

WEIGHTLIFTING QUARTER 2		
CONTENT STANDARD	OBJECTIVE	Assessments
10th week Perform Approximately five – 55 minute periods of time to complete	Lesson/Information to be Covered Resistance Training Specialized weight-training (elastic or hydraulic resistance)	Resistance training for muscular and strength endurance
11 th Week Cognitive/Perform Approximately five –55 minute periods of time to complete Perform/Cognitive	Isometric Training	Pre – Testing/Goal Setting for fitness improvement Pre-test on 12 minute walk/run, push-ups crunches or max weight lifts on core lifts.
12 th Week Perform Approximately five –55minute periods of time to complete	Speed, Agility, Flexibility Training Speed training stations Agility training stations	Teacher observation Performance Checklist
13th week	Position Specific Fundamentals	Teacher observation

<p>Perform Approximately five – 55 minute periods of time to complete</p>	<p>.Lowers Uppers</p>	<p>Rubric and Checklist</p>
<p>14th Week Cognitive/Perform Approximately five –55 minute periods of time to complete Perform/Cognitive</p>	<p>Old School conditioning</p>	<p>Teacher observation Performance Checklist</p>
<p>15th Week Perform/Cognitive Approximately five –55minute periods of time to complete</p>	<p>Nutrition and Weight Management Food choices Cultural Influences Access to adequate food sources</p>	<p>Teacher observation Performance Checklist Rubric</p>
<p>16th week Perform Approximately five – 55 minute periods of time to complete</p>	<p>Performance Enhancement Drugs Ephedra Creatine Steroids</p>	<p>Pre-Test Personal Workout Sheet Mile Run Times Circuit Run Times PFT Improvement Assessment Weightlifting Assessment Teacher observation Rubric and Checklist</p>
<p>17thWeek Perform Approximately five –55 minute periods of time to complete Perform/Cognitive</p>	<p>Jog/Walk Training Interval running Incline running Distance running</p>	<p>Pre – Testing/Goal Setting for fitness improvement Personal Workout Sheet Mile Run Times Circuit Run Times PFT Improvement Assessment</p>
<p>18^h Week Cognitive/Affective Approximately five –55minute periods of time to complete</p>	<p>Review Understand the role of motivation in physical activity Understand how to apply the principles of resistance training for muscular strength</p>	<p>Written report</p>

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Glossary

- Body Fat
- Free Weights
- WOD (Work Out of the Day)
- Cardio respiratory
- Psychological
- Body alignment
- Lifting techniques
- Bone density
- Flexibility
- Tone
- Metabolic rate
- Postural support

- Ligament
- Ephredra
- Creatine
- Steroid
- Papitations
- Food guide plate