

## Weeks

### *Massachusetts Performance Standards*

#### *The students will:*

- 2.17** – Demonstrate developmentally appropriate competence (basic skills, strategies, and rules) in many and proficiency in a few movement forms and motor skills (team sports, aquatics, individual/dual sports, outdoor pursuits, self-defense, dance, and gymnastic).
- 2.18** – Demonstrates activities for warming up and cooling down before and after aerobic exercise.
- 2.20** – Demonstrate exercises in strength training, cardiovascular activities, and flexibility training
- 2.25** – Understand how activity participation patterns are likely to change throughout life and identify strategies to deal with those changes, including a plan for life-long wellness.
- 2.26** – Apply safe practices, rules, procedures, and sportsmanship etiquette in physical activity settings, including how to anticipate potentially dangerous consequences and outcomes of participation in physical activity
- 2.27** – Define functions of leadership in team sports (increasing motivation, efficiency, and satisfaction).

## UNIT

### Weight Training

#### Objectives (Students will...)

For students to successfully participate in weight training, upon learning the proper techniques and forms of weight lifting.

- Demonstrates basic techniques and proper forms of lifting
- Demonstrates an understanding of weight training.
- Demonstrates an increase level of fitness and coordination.

#### Essential Question

What physical, social, and emotional benefits will you get from weight training?

#### Mission and Expectations

##### Health & Wellness

- Understands the fundamental wellness and fitness concepts and the skills which foster healthy habits and behaviors
- Make healthy –enhancing decisions by assessing risks and considering potential consequences.

##### Autonomous Learning Skills

- Takes responsibility for his/her learning
- Is a lifelong learner
- Can set priorities and identify

##### Personal and Social Responsibility

- Takes responsibility for his/her learning
- Respects himself/herself and others

#### Teacher Resources

1. Physical Education Activity Packets: “Weight Lifting”
2. Quality Lesson Plans for Secondary Physical Education - Textbook

#### Media and Technology Resources

#### Evaluation/Activities

**Lecture/Demonstration:** Each concept/topic will be introduced by the teacher using any resources that are available.

**Class work:** To be done on each topic/concept as needed for understanding.

**Homework:** To be given daily on each introduced topic as determined by the teacher.

**Review:** All weekly concepts will be reviewed and connections to concepts should be made by the students.

**Quiz:** Formal assessments will be given as warranted by the curriculum.

#### Lesson Completion Date:

#### Technology Used/ Date Used:

#### Completed By:

#### Comments:

