Week at a Glance: High School Weightlifting Course

**Day 1: Introduction & Course Overview**

\*\*Objective\*\*: Introduce students to the course, outline rules and expectations, and establish daily routines.

**\*\*Activities\*\*:**

1. - Welcome and introductions
2. - Overview of the course syllabus
3. - Explanation of classroom rules and safety protocols
4. - Introduction to daily routines (warm-up, workout, cool-down)
5. - Brief tour of the weight room and equipment

**\*\*Standards\*\***

- \*\*PEHS.1\*\*: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

- \*\*PEHS.2\*\*: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

D**ay 2: Safety and Equipment Handling**

\*\*Objective\*\*: Teach students proper safety measures and how to handle equipment correctly.

**\*\*Activities\*\***

1. - Review of safety protocols
2. - Demonstration of proper lifting techniques
3. - Hands-on practice with equipment under supervision
4. - Discussion on the importance of spotting and teamwork

**\*\*Standards\*\***

\*\*PEHS.3\*\*: Participates regularly in physical activity.

\*\*PEHS.4\*\*: Achieves and maintains a health-enhancing level of physical fitness.

**Day 3: Warm-Up and Cool-Down Routines**

\*\*Objective\*\*: Establish effective warm-up and cool-down routines.

**\*\*Activities\*\***

1. - Explanation of the benefits of warming up and cooling down
2. - Demonstration of dynamic warm-up exercises
3. - Practice of cool-down stretches and relaxation techniques
4. - Group discussion on personal fitness goals

**\*\*Standards\*\***

- \*\*PEHS.5\*\*: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- \*\*PEHS.6\*\*: Values physical activity for health, enjoyment, challenge, self-expression, and social interaction.

Day 4: Introduction to Basic Exercises

- \*\*Objective\*\*: Introduce students to basic weightlifting exercises.

**\*\*Activities\*\***

1. - Demonstration of fundamental exercises (e.g., squats, bench press, deadlifts)
2. - Supervised practice with light weights
3. - Emphasis on proper form and technique
4. - Discussion on the importance of consistency and progression

**\*\*Standards\*\***

- \*\*PEHS.1\*\*: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

- \*\*PEHS.2\*\*: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Day 5: Review and Goal Setting

- \*\*Objective\*\*: Review the week's lessons and set personal fitness goals.

\*\*Activities\*\*

1. - Recap of safety protocols, warm-up/cool-down routines, and basic exercises
2. - Group discussion on individual progress and challenges
3. - Setting short-term and long-term fitness goals
4. - Introduction to tracking progress and maintaining a fitness journal

**\*\*Standards\*\***

- \*\*PEHS.3\*\*: Participates regularly in physical activity.

- \*\*PEHS.4\*\*: Achieves and maintains a health-enhancing level of physical fitness.

- \*\*PEHS.5\*\*: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.