**2nd Semester Weight Training 2025**

**Standards of Focus**

**PEWT.5 The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. WEEK 1-3**

a. Explains why participation in weight training is enjoyable and desirable either alone or in a group.

b. Participates in activities designed to improve skills for personal challenge, enjoyment, and expression.

**PEWT.1 The physically educated student demonstrates competency in a variety of motor skills and movement patterns.**

d. Demonstrates independent learning of movement skills and patterns for speed and agility.

e. Demonstrates proper posture, form, and flexibility in weight training.

**PEWT.2 The physically educated student applies the knowledge of concepts, principles, strategies, and tactics related to movement and performance**

f. Identifies various exercises to enhance the development of muscle groups.

g. Charts progress in a variety of upper and lower body lifts.

h. Recognizes importance of a variety of sets, repetitions, and work-loads.

i. Performs a variety of upper and lower body lifts or exercises for muscular development.

j. Exhibits understanding of terminology associated with weight training

**PEWT.3 The physically educated student demonstrates knowledge and skills to help achieve and maintain a health-enhancing level of physical activity and fitness.**

a.Designs and implements a strength and conditioning plan that supports a healthy life style.

b. Creates a fitness plan for life changes.

c. Establishes goals for skill-based strength training and conditioning by using progressive variations

**k. Performs skills correctly during strength training conditioning and health related fitness.**

**l. Improves performance for long term personal development and health.**

**PEWT.4 The physically educated student exhibits responsible personal and social behavior that respects self and others in physical activity settings. \*\*USED DAILY/WEEKLY\*\***

a. Displays the ability to follow rules, procedures, and routines appropriate in the weight training setting.

b. Exhibits the ability to demonstrate safe and responsible behavior.

c. Identifies the difference between encouraging and discouraging progression while training.

d. Demonstrates the ability to apply the rules and etiquette of various weight training activities.

**Week 6: FITT principle**

**Week 5: Feb 3-7 Fitness SMART goal**

**Learning Targets**

1. *I can create a Fitness SMART goal for the remainder of the semester using each letter in the word SMART*
2. *I can develop a plan to commit to and track my SMART goal*

*Monday Feb. 3, 2025*

1. *Warmup: Jump Rope Workout: Bench 3 x 10 (75% of max) Cool down: stretch*
2. *SMART goal assignment: You paper should like the example provided by specific to you as an individual and what you would like to accomplish for your overall fitness by April 24, 2025.*

**Description and Example of a S.M.A.R.T. Goal:**

1. **Specific:** The goal should be clear and specific, answering the questions of what, why, and how.
   * Example: "I want to run a 5K race."
2. **Measurable:** The goal should be measurable, allowing progress to be tracked and assessed.
   * Example: "I will track my running distance and time using a running app."
3. **Achievable:** The goal should be realistic and attainable, considering the individual's current fitness level.
   * Example: "I will gradually increase my running distance by 0.5 miles each week."
4. **Relevant:** The goal should be relevant to the individual's overall fitness objectives and aligned with their values.
   * Example: "Running a 5K will improve my cardiovascular health and help me stay active."
5. **Time-Bound:** The goal should have a specific deadline or timeframe.
   * Example: "I will run a 5K race within 3 months."

**Complete S.M.A.R.T. Goal Example:** "I want to run a 5K race (Specific). I will track my running distance and time using a running app (Measurable). I will gradually increase my running distance by 0.5 miles each week (Achievable). Running a 5K will improve my cardiovascular health and help me stay active (Relevant). I will run a 5K race within 3 months (Time-Bound)."

**Week 4: Jan 27-31**

***Standards are 1-5 but these are the focus areas***

***Learning Targets***

*Standard & Learning Target*

*d. Demonstrates independent learning of movement skills and patterns for speed and agility.*

*WT1e. Demonstrates proper posture, form, and flexibility in weight training.*

*WT2*

*g. Charts progress in a variety of upper and lower body lifts.*

*i. Performs a variety of upper and lower body lifts or exercises for muscular development*

*Success Criteria*

1. *I can use the proper techniques and skills for speed and agilities training such as ladder & dots*
2. *I can identify various strength training exercises both upper & lower body*
3. *I will chart my progress in a variety of upper & lower body lifts while focusing on challenging myself*

**Monday Jan 27-31**

**Warmup: Review Learning Targets & success criteria**

2-minute jump rope

10,9,8 Pushups & tuck jumps

**Workout**

-Speed & agilities: dots & ladder (follow video)

<https://www.youtube.com/watch?v=EXh_DLRSs8s> -Dots

<https://www.youtube.com/watch?v=CmJz81dbMwM> -Dots

<https://www.youtube.com/watch?v=m6O99uxWTPI> -Ladder (tennis kids)

<https://www.youtube.com/watch?v=sKX3ROCiVYs> -Ladder (Defensive Back)

Upper body 2 sets 10 reps

1. Bench Press (75%)
2. Chest Press
3. Upright row
4. Renegade Row

Lower Body

1. Squat-calf
2. Leg Ext
3. Deadlift

**Cooldown**

Stretch, walk, water

Create & Fill in Poster for tracking progress being sure to include max out, burn out & SMART goal

Class discussion/review of muscle groups & exercise names

**Post HERE SMART goal Padlet link:** [**https://richmondcountyschool.padlet.org/thomada5/breakout-link/E1Xd49Ndb55B2GJr-qPBkXldqgpdNXeOl**](https://richmondcountyschool.padlet.org/thomada5/breakout-link/E1Xd49Ndb55B2GJr-qPBkXldqgpdNXeOl)

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| **Fitness Assessment Data** | | | | | |
| **Date** | **Exercise** | **Weight** | **Sets** | **Reps/Time** | **Component of Fitness**  **Addressed** |
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| **Fitness Assessment Data** | | | | | | | | | | | | | | | |
| **Exercise**  **Name** | Date  \_\_\_\_\_\_\_\_\_\_\_(Jan) | | | Date  \_\_\_\_\_\_\_\_\_(Feb) | | | Date  \_\_\_\_\_\_(Mar) | | | Date  \_\_\_\_\_\_\_\_\_(April) | | | Date  \_\_\_\_\_\_(May) | | |
| **Lbs** | **Sets** | **Reps/**  **Time** | **lbs** | **Sets** | **Reps**  **Time** | **lbs** | **Sets** | **Reps/**  **Time** | **lbs** | **Sets** | **Reps/**  **Time** | **Lbs** | **Sets** | **Reps**  **/Time** |
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**Fitness Log/Progress Monitoring**

**\*\*Papers will be attached to the large post it paper once filled in for each week**

**Week 3: Jan 21-24-Asynchronous due to Snow**

**Week 2: Jan 13-17**

**Learning Targets:**

1. **I can demonstrate my understanding for the phases of a workout**
2. **I can demonstrate the proper technique and max out for bench press and spotting for bench press, squat burn out or max, core burn out (crunches/toe touches)**
3. **I can list and explain the five components of fitness**

Monday Jan 13

1. Warmup: jog, high knees, butt kicks, shuffle, high skips, arm circles, & static stretches
2. Class discussion phases of workout & 5 components of fitness
3. Importance of flexibility video
4. Partner stretching pick 3 flexibility exercises from the chart & hold for 15 seconds
5. Share out-polleverywhere/quizziz and/or padlet

Tuesday Jan 14

1. Warmup: hallway- jog, high knees, butt kicks, shuffle, high skips
2. Bench press video: performing the exercise & spotting
   1. https://www.youtube.com/watch?v=1i34HEV5zWU
3. Students pair up with a peer & perform bench press max out and spotting
   1. Students are expected to be able to calculate the amount of weight for each exercise
   2. Student record data on large post it
4. Flexibility workout/cool down
   1. Importance of flexibility discussion

Wednesday Jan 15

1. Warmup: same as previous days this week
2. Squat spotting video
3. Squat Burn out or Max out in groups
4. Stretch
5. Circuit Training: renegade push ups, toe touches, shoulder press, lunges,

Thursday Jan 16

1. Warmup: same as previous days
2. Flexibility review of importance & exercises
3. Speed & agility relay
4. Medicine ball workout as a group (in gym)
5. Cool down

Friday Jan 17

1. Nearpod review and assessment
2. Free Play if time permits