

<b>Block # 8</b>		<b>Dates:</b>
<b>UNIT PLAN: Weight Training</b>		
<b>Day 1:</b>	<b>Day 3:</b>	<b>Assessment:</b>
<ul style="list-style-type: none"> <li>◆ Attendance</li> <li>◆ Intro to unit/procedures/Expectations:</li> <li>◆ Introduction to Program/Fitness Center</li> <li>◆ Group Pre-Test: Principles of Lifting/Terminology</li> <li>◆ Intro to Principles of lifting</li> <li>◆ Core Lift instruction</li> <li>◆ Fitness Components/Warm up/Stretch</li> <li>◆ Work-Out: Students should find their 10 Rep max in 8-10 lifts. Each student should participate in at least 10 minutes of cardiovascular training.</li> <li>◆ Closure</li> </ul>	<ul style="list-style-type: none"> <li>◆ Attendance</li> <li>◆ Group Pre-Test: Nutrition</li> <li>◆ Instruction: Nutrition and how it relates to personal wellness.</li> <li>◆ Instruction: Hammer Strength</li> <li>◆ Fitness components/warm-up/Stretch</li> <li>◆ Work Out: Circuit training: 3 sets of 8, Power Training: 3 sets of 3, ALL: 10 minutes of Cardiovascular Training.</li> <li>◆ Closure</li> </ul>	<ul style="list-style-type: none"> <li>◆ Self-Assessment</li> <li>◆ Daily Pre-Test</li> <li>◆ Teacher-Assessment: Formal and informal</li> </ul>
<b>Day 2:</b>	<b>Day 4:</b>	
<ul style="list-style-type: none"> <li>◆ Attendance</li> <li>◆ Group Pre-Test: Personal Wellness/Goal Setting</li> <li>◆ Instruction: Components of Personal Wellness</li> <li>◆ Power Lift(s)/ Dumbbell instruction</li> <li>◆ Fitness Components/Warm up/Stretch</li> <li>◆ Work-Out: Circuit Training 2 sets of 10, Power Training 3 sets of 5, All: 10 minutes of Cardiovascular training.</li> <li>◆ Closure</li> </ul>	<ul style="list-style-type: none"> <li>◆ Attendance</li> <li>◆ Unit Test</li> <li>◆ Test discussion</li> <li>◆ Fitness components/warm-up/stretch</li> <li>◆ Work Out: Circuit Training: 10-8-6 Pyramid, Power Training: 5-3-1 Pyramid, ALL: 10 Minutes of cardiovascular training.</li> <li>◆ Unit Closure</li> </ul>	

