

Dates:

UNIT PLAN: Weight Training

<p>Day 1:</p> <ul style="list-style-type: none"> ◆ Attendance ◆ Intro to unit/procedures/Expectations: ◆ Introduction to Program/Fitness Center ◆ Principles of Lifting/Terminology ◆ Intro to Principles of lifting ◆ Fitness Components/Warm up/Stretch ◆ Workout: 8-10 lifts. At least 10 minutes of cardiovascular training. ◆ Goal Setting Homework ◆ Closure 	<p>Day 3:</p> <ul style="list-style-type: none"> ◆ Attendance ◆ Types of Training: Straight Sets, Pyramids “change to progress” ◆ Instruction: Dumbbells/Spotting ◆ Fitness components/warm-up/Stretch ◆ Work Out: 8-10 exercises. All: 10 minutes of Cardiovascular Training. ◆ Quiz Review ◆ Closure 	<p>Day 5:</p> <ul style="list-style-type: none"> ◆ Attendance ◆ Quiz make-ups ◆ Instruction: Plyometric Ball-abdominal and core training principles ◆ Work Out: 8-10 exercises. All: 10 minutes of Cardiovascular Training. ◆ Unit Closure
<p>Day 2:</p> <ul style="list-style-type: none"> ◆ Attendance ◆ Collect Goal Setting HW ◆ Types of Training Power, Strength, Hypertrophy, M.E. ◆ Create Fitness plan according to goals ◆ Instruction: Bench Press/Spotting ◆ Fitness Components/Warm up/Stretch ◆ Workout: 8-10 exercises. All: 10 minutes of Cardiovascular training. ◆ Closure 	<p>Day 4:</p> <ul style="list-style-type: none"> ◆ Attendance ◆ Quiz ◆ Test discussion ◆ Instruction: Nutrition-general guide to eating healthy, food pyramid, serving sizes, portions ◆ Work Out: 8-10 exercises ALL: 10 Minutes of cardiovascular training. ◆ Closure 	<p>Assessment:</p> <ul style="list-style-type: none"> ◆ Peer/Self-Assessment ◆ Teacher-Assessment: Formal and informal