

WEIGHT ROOM EXERCISING UNIT - LEARNING TARGETS & SUCCESS CRITERIA

LEARNING TARGET(S) / STANDARDS	PERFORMANCE TASK(S)	SUCCESS CRITERIA
<p>Participate in physical activities that are vigorous in intensity level (strength training exercises in the weight room). (A.PE.08.01)</p>	<p>14 exercises/stations to include:</p> <p><u>CIRCUIT</u> - leg press, pull down, leg extension, bench press, leg curl, pec deck, tricep dips, inclined sit-ups, pull ups, rowing machine, abdominal lift, lateral raise, abs. w/ medicine ball, bicep arm curls.</p>	<p>Participate with effort at each exercise station.</p>
<p>Recognize the principles of training frequency, intensity, type, time, overload, etc. (A.HR.08.08)</p>	<p>Complete respective workout by rotating through the stations w/ partner (3:45 to 4:00 minutes at each). The approximate number of stations works out to 7 stations per workout. Students continue the circuit where they left off during their next session.</p> <p>Select appropriate amount of weight for each exercise (able to lift w/o straining 12 + reps.)</p> <p>Recognize when weight is too heavy.</p>	<p>Students will attempt to complete a minimum of 2 sets of 12-15 reps at each station.</p> <p>Spot responsibly for partner - count reps., assist when necessary, watch for straining, help change weights efficiently.</p>
<p>Choose to participate, independently, in activities that are personally challenging in dynamic settings. (B.RP.08.01)</p>	<p>Complete approximately (7) stations w/ partner during each workout session. See above stations.</p>	<p>Setting and meeting personal goals at each station (minimum of 2 sets, 12 repetitions)</p>
<p>Exhibit selected behaviors which exemplify some of the personal/social character traits of responsibility, best effort and cooperation. (B.PS.01.01)</p>	<p>Work efficiently with partner during workouts.</p> <p>Encourage partner and classmates, be positive and motivate</p>	<p>Spot efficiently - count reps., assist when necessary, watch for straining, help change weights efficiently.</p> <p>Share positive and encouraging comments.</p>

