

National PE Standards:

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

NYS Learning Standards:

Standard 1 - Personal Health and Fitness

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

Standard 2 - A Safe and Healthy Environment

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

Standard 3 - Resource Management

Students will understand and be able to manage their personal and community resources.

Learning Objectives:

1. To changes one's holistic levels of strength and fitness.
2. To have students gain positive outlook on themselves.
3. To give students the knowledge and tools to safely lift weights throughout their life.
4. To give students a safe and encouraging environment to work to their best ability.

5. To give a supportive environment where everyone will cheer each other on and give high fives (fistbumps) at the end for a work out well done!

Definitions:

1. Weightlifting - an activity of lifting heavy weights.
 - a. Single-movement lift from the floor to extended position. (deadlift)
 - b. Two-movement lift from the floor to shoulder positions and then from shoulder to extended position. (clean and jerk)
2. Equipment that will be used:
 - a. Barbell - a long metal bar to which disks of varying weights are attached at each end.



- b. Dumbbell - a short bar (serving as a handle) with weights at each end.



- c. Kettlebell - a large ball shaped weight with a single handle.



- d. Wall ball/Medicine ball - a large, heavy ball that can be thrown and caught



- e. Box - a sturdy box to jump on
f. Jump rope - a length of rope used for jumping by swinging it over the head and under the feet.

3. Movements:

- a. Burpee - a squat thrust, a full body exercise used in strength training and as aerobic exercise. Begin in a standing position, move to a squat to put hands on the floor, jump feet back to put yourself in a plank position, then jump feet back towards hands, and back to a stand and then jump.

<https://www.youtube.com/watch?v=TU8QYVW0gDU>

- b. Sit ups- While laying on back, knees up with arms crossed over the chest.

<https://www.youtube.com/watch?v=A7Y2-G4zOUA>

- c. Box jump- Feet shoulder width apart, bend to quarter squat and swing arms back, then swing them forward and explode off the ground landing as softly as possible and then stand up to complete.

https://www.youtube.com/watch?v=52r_U15k03g



- d. Lunge- one leg is positioned forward with knee bent and foot flat on the ground while the other leg is positioned behind.
<https://www.youtube.com/watch?v=QOVaHwm-Q6U>
- e. Push up- person lies facing the floor and, keeping their back straight, raises their body by pressing down on their hands.
<https://www.youtube.com/watch?v=QOVaHwm-Q6U>
- f. Deadlift - a weight training exercise in which a loaded barbell or bar is lifted off the ground to the level of the hips, then lowered to the ground.
<https://www.youtube.com/watch?v=op9kVnSso6Q>
- g. Sumo Deadlift - Same as deadlift but with a wider stance.
<https://www.youtube.com/watch?v=wQHSYDSgDn8>
- h. Squat -
- i. Air squat- non weighted
<https://www.youtube.com/watch?v=acIHkVaku9U>
 - ii. Overhead squat- using a weighted bar with arms locked overhead during squat.
<https://www.youtube.com/watch?v=pn8mqlG0nkE>
 - iii. Front squat- Load of weight is in front of body using two different techniques.
https://www.youtube.com/watch?v=uYumuL_G_V0
 - iv. Back squat- Load of weight is resting on shoulders/ back during squat.
<https://www.youtube.com/watch?v=ultWZbUMPL8>
- i. Clean - Pulling a load from the ground using the deadlift technique to the shoulders, ready to be lifted overhead.
<https://www.youtube.com/watch?v=EKRiW9Yt3Ps>
- j. Snatch - exercise where the bar is pulled from the floor to a locked-arms position in one continuous move.
<https://www.youtube.com/watch?v=9xQp2sldyts>
- k. Kettlebell swings - Where a loaded barbell or bar is lifted off the ground to the level of the hips, then lowered to the ground.
<https://www.youtube.com/watch?v=YSxHifyI6s8>

- l. Pull up- Arms shoulder width apart, pulling body up to where chin reaches over bar and bringing arms back down to 90 degrees before going back up.



m. Press-

- i. Strict press - Pushing weight over head with no help from legs
<https://www.youtube.com/watch?v=94pwgUPhdrE>
- ii. Push press - small dip and drive of legs to get weight over head.
<https://www.youtube.com/watch?v=X6-DMh-t4nQ>
- iii. Push jerk - a forceful hip drive coupled with a drop under the bar (a catch) is used to aid in getting the load overhead.

<https://www.youtube.com/watch?v=V-hKuAfWNUw>

- n. Bench press - weightlifting exercise in which a lifter lies on a bench with the feet on the floor and raises a weight with both arms over chest area.

<https://www.youtube.com/watch?v=XSza8hVTlmM>

- o. Thrusters - a compound movement, using both upper and lower body strength. Use of a barbell while squatting and lifting the bar over head. Improves coordination, muscular endurance, and balance.

<https://www.youtube.com/watch?v=L219ltL15zk>

- p. Farmer Carries - carrying a heavy weight while walking

<https://www.youtube.com/watch?v=cBv3NcxqhPM>

- q. Wallball



Procedures:

1. Warm up (dynamics)
2. Teaching the movement(s) for the day, variations to the movement so all are able to perform.
3. Prescribed work out
4. Cool down

Class Focus: Each class will focus on a movement and a workout will be developed each class based on that movement. The week after introducing a movement will be used in warm up or building to a heavier weight.

1. Gym/equipment etiquette
 - a. push ups (pectoralis, deltoid, triceps, abdominals)
 - i. Variations (Knee push ups, worm push ups)
 - b. sit ups (Abdominals)
 - i. Variations (crunches)
 - c. burpee (full body workout, quadriceps, hamstring, gluteus maximus, hip flexors, abs, deltoids, pectoralis, biceps, and triceps)
 - i. Variation (step back, step forward)

Workout for time: 40 air squats, 30 sit ups, 20 push ups, 10 pull ups
2. Air squats (Abdominals, hamstrings, gluteus maximus, quadriceps)
 - i. Variation (do not squat at full depth, squat to a target)

Pull ups (Trapezius, rhomboids, pectorals, deltoids, latissimus dorsi, biceps)

Intro pretest workout

 - i. Variation (use a band, jumping pull ups)

Workout for time: 21, 15, 9 - pull ups, burpees + run to stop sign and back to start and finish the work out.
3. Deadlift (gluteus maximus, quadriceps, inner thigh, hamstring, lower back, trapezius)
 - i. Variation (light weight)

Work out A: build to a heavy 1 rep, Work out B for time: 3, 6, 9, 12, 15, 12, 9, 6, 3 deadlift/box jumps
4. Shoulder press (trapezius, triceps, rotator cuff, deltoids, pectoralis, abdominals)
 - i. Variation (light weight)
5. Back squat (quadriceps, gluteus maximus, hamstrings, lower back, trapezius, latissimus dorsi, rhomboids)
 - i. Variation (light weight, squat to a target)
6. Bench Press (triceps, pectoralis major, deltoids, trapezoids, latissimus dorsi)
7. Front Squat (quadriceps, gluteus maximus, upper/lower back, abdominals)
 - i. Variation (light weight, squat to a target)

8. Cleans (quadriceps, hamstrings, glutes, lower back, abs, deltoids, pecks, triceps, biceps)
9. KB Swings (hips, glutes, hamstrings, lats, abs, shoulders, pecs, and grip)
 - i. Variation (eye level KB Swing)
10. Wall Balls (quadriceps, calves, hamstrings, abs, lower back, pecs, deltoids, biceps, and triceps)
 - i. Variation (don't squat to full depth, don't throw ball up as high)
11. Snatches (hamstrings, lower back, quadriceps, trapezius, abdominals, obliques, latissimus dorsi, triceps, biceps, forearms)
 - i. (light weight)
12. Thrusters (quadriceps, glutes, hamstrings, deltoids, triceps, abdominals)

Assessments:

1. Workout journal
 - a. List of all workouts, their time or reps completed
 - b. List of benchmarks (weightlifting increases/successes)
 - c. Description of how they felt and ideas for improvement
2. Self assessment
 - a. We will give them a pre-test that we will test in the middle of the course and at the end. Hoping they will improve their time it takes to complete it or move a skill to an Rx standard instead of a variation to a movement.
3. Performance test
 - a. We will say a specific weightlifting skill and they will have to perform it in the proper technique.

Sources:

Youtube

Crossfit.com

Seven Valley Crossfit