

# Weight Training Lesson Plans

## Day #1 Chest Press

Standards:

7.1, 7.2, 7.3, 7.4,7.5, 7.6, 8.1, 8.2, 8.3, 8.4, 8.5, 8.6

Weight Training Essential Questions:

Demonstrate, Identify & Explain safe & proper work out techniques required for each weight training/fitness activity.

Identify muscle groups used at each station/ activities.

Task:

Chest Press

Voc:

Bar, Weight Plates, Weight Tree, Clips, Rack, Chest, Pectorals, Form, Spotter, "Spotter Ready", "Ready"

Differentiation Strategy Summary:

different bars, different weight plates, dumbbells

## Day #2 Squats

Standards:

7.1, 7.2, 7.3, 7.4,7.5, 7.6, 8.1, 8.2, 8.3, 8.4, 8.5, 8.6

Weight Training Essential Questions:

Demonstrate, Identify & Explain safe & proper work out techniques required for each weight training/fitness activity.

Identify muscle groups used at each station/ activities.

Task:

Squats

Voc:

Bar, Weight Plates, Weight Tree, Clips, Rack, Quads, Hamstrings, Gluts, Abs, Form, "Junk in the Trunk", Spotter, "Spotter Ready", "Ready"

Differentiation Strategy Summary:

different bars, different weight plates, dumbbells

## Day #3 Kettlebells & Box Jumps

Standards:

7.1, 7.2, 7.3, 7.4,7.5, 7.6, 8.1, 8.2, 8.3, 8.4, 8.5, 8.6

Weight Training Essential Questions:

Demonstrate, Identify & Explain safe & proper work out techniques required for each weight training/fitness activity.

Identify muscle groups used at each station/ activities.

Task:

Kettlebell Exercises & Box Jumps

Voc:

Quads, Hamstrings, Gluts, Abs, Form

Differentiation Strategy Summary:

different weight kettlebells, different height boxes

#### **Day #4 Leg Press**

Standards:

7.1, 7.2, 7.3, 7.4,7.5, 7.6, 8.1, 8.2, 8.3, 8.4, 8.5, 8.6

Weight Training Essential Questions:

Demonstrate, Identify & Explain safe & proper work out techniques required for each weight training/fitness activity.

Identify muscle groups used at each station/ activities.

Task:

Leg Press

Voc:

Weight Plates, Weight Tree, Quads, Hamstrings, Gluts, Calves, Form, Spotter

Differentiation Strategy Summary:

different weight plates

#### **Day #5 Butterfly & Tricep Extensions**

Standards:

7.1, 7.2, 7.3, 7.4,7.5, 7.6, 8.1, 8.2, 8.3, 8.4, 8.5, 8.6

Weight Training Essential Questions:

Demonstrate, Identify & Explain safe & proper work out techniques required for each weight training/fitness activity.

Identify muscle groups used at each station/ activities.

Task:

Butterfly & Tricep Extensions

Voc:

Pectorals, Triceps, Form

Differentiation Strategy Summary:

different weight dumbbells, different weight kettlebells

#### **Day #6 Bicep Curls**

Standards:

7.1, 7.2, 7.3, 7.4,7.5, 7.6, 8.1, 8.2, 8.3, 8.4, 8.5, 8.6

Weight Training Essential Questions:

Demonstrate, Identify & Explain safe & proper work out techniques required for each weight training/fitness activity.

Identify muscle groups used at each station/ activities.

Task:  
Bicep Curls

Voc:  
Bar, Weight Plates, Weight Tree, Clips, Rack, Biceps, Form, 90 degrees

Differentiation Strategy Summary:  
different weight plates, dumbbells

### **Day #7 Incline Chest Press**

Standards:  
7.1, 7.2, 7.3, 7.4,7.5, 7.6, 8.1, 8.2, 8.3, 8.4, 8.5, 8.6

Weight Training Essential Questions:  
Demonstrate, Identify & Explain safe & proper work out techniques required for each weight training/fitness activity.  
Identify muscle groups used at each station/ activities.

Task:  
Incline Chest Press  
Voc:  
Pectorals, Form, Full Range of Motion, "Spotter Ready", "Ready"

Differentiation Strategy Summary:  
different weight bars, different weight plates or dumbbells

### **Day #8 Leg Extensions & Leg Curls**

Standards:  
7.1, 7.2, 7.3, 7.4,7.5, 7.6, 8.1, 8.2, 8.3, 8.4, 8.5, 8.6

Weight Training Essential Questions:  
Demonstrate, Identify & Explain safe & proper work out techniques required for each weight training/fitness activity.  
Identify muscle groups used at each station/ activities.

Task:  
Leg Extensions & Leg Curls

Voc:  
Quads, Hamstrings, Form, Full Range of Motion

Differentiation Strategy Summary:  
different weight plates

### **Day #9 Dips & Pull-Ups**

Standards:  
7.1, 7.2, 7.3, 7.4,7.5, 7.6, 8.1, 8.2, 8.3, 8.4, 8.5, 8.6

Weight Training Essential Questions:

Demonstrate, Identify & Explain safe & proper work out techniques required for each weight training/fitness activity.

Identify muscle groups used at each station/ activities.

Task:

Dips & Pull-Ups

Voc:

Triceps, Biceps, Pectorals, Form, Range of Motion

Differentiation Strategy Summary:

Raise or lower body to safe level &/or use fitness bands

### **Day #10 Fitness Ball & Overhead Press**

Standards:

7.1, 7.2, 7.3, 7.4,7.5, 7.6, 8.1, 8.2, 8.3, 8.4, 8.5, 8.6

Weight Training Essential Questions:

Demonstrate, Identify & Explain safe & proper work out techniques required for each weight training/fitness activity.

Identify muscle groups used at each station/ activities.

Task:

Fitness Ball & Overhead Press

Voc:

Abdominal Muscles, Form, Range of Motion, Bar, Rack

Differentiation Strategy Summary:

Raise or lower body to safe levels &/or increase/decrease hold times, different weight bar, faster pace, deeper squat, rest time between reps

### **Day #11-14 Peer & Circuit Workout**

Standards:

7.1, 7.2, 7.3, 7.4,7.5, 7.6, 8.1, 8.2, 8.3, 8.4, 8.5, 8.6

Weight Training Essential Questions:

Demonstrate, Identify & Explain safe & proper work out techniques required for each weight training/fitness activity.

Identify muscle groups used at each station/ activities.

Task:

Circuit Workout

Voc:

Bar, Weight Plates, Weight Tree, Clips, Rack, Chest, Pectorals, Quads, Hamstrings, Gluts, Abs, Calves, Biceps, Triceps, Form, Spotter, Fitness Ball, "Spotter Ready", "Ready", Rack, "Junk in the Trunk", "90 degrees", "Full Range of Motion"

Differentiation Strategy Summary:

different: weight bars, weight plates, dumbbells, kettlebells, range of motion, raise & lower body to appropriate levels, vary hold times

### **Day #14 Skills Test**

Standards:

7.1, 7.2, 7.5, 8.1, 8.2, 8.5

Weight Training Essential Questions:

Demonstrate, Identify & Explain safe & proper work out techniques required for each weight training/fitness activity.

Identify muscle groups used at each station/ activities.

Task:

Squats Skills Test OR Chest Press Skills Test

Voc:

Bar, Weight Plates, Weight Tree, Clips, Rack, Quads, Hamstrings, Gluts, Abs, Form, "Junk in the Trunk", Spotter, "Spotter Ready", "Ready"

OR

Bar, Weight Plates, Weight Tree, Clips, Rack, Chest, Pectorals, Form, Spotter, "Spotter Ready", "Ready"

Differentiation Strategy Summary:

If unable to perform Squats for Skills Test then Chest Press will be the alternate assessment. different bars, different weight plates, dumbbells

### **Day #15 Written Test**

Standards:

7.2, 7.6, 8.2, 8.6

Weight Training Essential Questions:

Demonstrate, Identify & Explain safe & proper work out techniques required for each weight training/fitness activity.

Identify muscle groups used at each station/ activities.

Task:

Written Test on iPads

Voc:

Bar, Weight Plates, Weight Tree, Clips, Rack, Chest, Pectorals, Quads, Hamstrings, Gluts, Abs, Calves, Biceps, Triceps, Form, Spotter, Fitness Ball, "Spotter Ready", "Ready", Rack, "Junk in the Trunk", "90 degrees", "Full Range of Motion"

Differentiation Strategy Summary:

small group testing, testing on iPads, test in paper form, test read aloud