

Unit/ Lesson/Learning Targets (related to KCAS/CC 4.1):	Outline lesson activities/agenda
<p><b>Unit/Lesson:</b> Weight Lifting</p> <p><b>Vocabulary:</b> Barbell, curl bar, dumbbell, repetitions, resistance, set, core lifts, auxiliary lifts, spotter, warm up, stretching, free weight lifts, jump stance, athletic stance, circuit, chest, biceps, triceps, back, quad, hamstring, abs</p> <p><b>I can...</b> define weight lifting vocabulary words, list and provide examples of different lifts/exercises that work various muscle groups of the body, analyze different weight lifting routines and how to use them to my lifestyle.</p>	<p>We are on a 4 week rotation in weight lifting. Students will use the first week of school to determine their max lifts for various core lifts. The workouts for the rest of the year will be individualized for each student and is based on their max lifts. This process helps each student feel a level of success and will provide the basic foundations of how to use a weight lifting routine for the rest of their lives.</p> <p style="text-align: center;"><b>Core Lifts</b></p> <p style="text-align: center;">Week 1- 4 sets x 12 - 14 reps Week 2- 3 sets x 8 - 10 reps Week 3- 3 sets x 6 - 8 reps</p> <p style="text-align: center;"><b>Max Lifts</b> (will be assessed throughout the trimester)</p> <p style="text-align: center;">Bench Press Leg Press Pull ups Power Clean</p> <p style="text-align: center;"><b>Auxiliary Lifts:</b></p> <p style="text-align: center;">Leg extension Leg curl Dips Lat pulls Tricep extensions Bicep Curls Shoulder press</p>