Course Title: Introduction to the Weight Room

Subject: Physical Education Weight Room/Fitness

Grade Level: 8th grade

Duration: 9 weeks

Prerequisite: None

Elective or Required: Elective

Department Mission Statement:

The purpose of physical education is to empower all students to sustain life-long fitness skills and concepts that will enhance their wellness. Physical Education is a significant part of the learning process that promotes social, emotional and physical well-being and is the foundation for a healthy, productive and fulfilling life.

It is our goal as physical educators to develop and enhance gross motor skills, physical fitness skills, social and life skills, as well as the learners’ ability to think and problem solve. We will provide an active, caring, and supportive atmosphere so students can successfully obtain these skills. We recognize the need for character education through the development of positive attitudes, good sportsmanship and fair play. Students must be given the opportunity for self-development, to learn to follow directions, to cooperate with others, as well as to develop leadership ability.

We must teach our students through a variety of learning experiences at appropriate developmental levels so they can realistically succeed in managing challenges of learning, growing, and developing in today’s world.
Course Description:

Fitness is a lifelong skill. In our facility, all students can achieve success in attaining their own personal fitness and health goals, along with learning character traits that will last a lifetime. They will learn about cardiovascular endurance, muscular strength, muscular endurance and flexibility. Each component is imperative for maintaining optimal health. This class is designed to learn about free weight use, stability ball training and the importance of core strength as well as cardiovascular endurance and designing the fitness plan that works for you!

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Fitness 7th/8th Grade

Approximate # Of Weeks: For Each Unit (ongoing)

Essential Questions:

1. What are some core exercises I can do?
2. How is a repetition different from a set?
3. How many repetitions should I do if I want to gain strength?
4. I do not want to get bulky. What weight lifting exercises can I do to remain lean?
5. How do I develop a fitness plan to suit my personal needs?

Upon completion of this unit students will be able to:

- Describe the impact that physical fitness can have upon the overall wellness of a person. (2.1.12.B.1)
- Develop new and different physical fitness routines that will accomplish fitness objectives and motivate students to continue to be active for a lifetime. (2.6.6.A.3)
- Understand strategies and techniques to motivate students to develop and maintain physical fitness. (2.6.2.A.1, 2, 3)
- Understand how genetic endowment impacts physical fitness performance on skill-related tests such as the Fitness gram. (2.6.4.A.4)
- Understand how to use all the machines in the fitness center and learn how to make a fitness schedule. (2.2.2.B.4)
- Learn and abide by the safety rules of the fitness center. (2.2.2.A.1.)
- Be able to plan different abdominal exercises for core strength, and stability ball training exercises. (2.6.6.A.3)
- Understand that nutrition can impact the individuals overall wellbeing. (2.6.6.A.5)
- Describe ways to support and encourage others during activity. (2.2.2.C.1) (2.2.8.C.1)
- Understand how to work in group settings with others in the class. (2.2.8.C.1 & 2.2.8.C.2)
- Follow all the rules in the weight room. (2.2.8.C.3)
- Participate in cardiovascular endurance and weight training. (2.6.4.A.2)
Interdisciplinary Standards (njcccs.org & Common Core Reading/Writing Standards)

Standard 9.1 21st Century Life & Career Skills

All students will demonstrate the creative, critical thinking, collaboration, and problem-solving skills needed to function successfully as both global citizens and workers in diverse ethnic and organizational cultures.

Standard 6.3 Active Citizenship in the 21st Century

All students will acquire the skills needed to be active, informed citizens who value diversity and promote cultural understanding by working collaboratively to address the challenges that are inherent in living in an interconnected world.

Activities:
- Stability Ball Training
- Circuit Training
- Stations

Enrichment Activities:

- Warm-up, Aerobic, Anaerobic, and Stretching. Warm-up: Exercise done at the beginning of a workout at a low intensity that gets the blood circulating and make the muscles warm while preparing your body for more vigorous activity. This 5-10 minute activity is also important in preventing injuries and increasing your performance. Ex: jogging, walking or bike.
- Aerobic phase: Exercise that uses the large muscles of the body in a continuous, repetitive, rhythmical fashion and is vigorous enough to get your heart-rate into your training zone for a prolonged period of time. Ex: bike, step boxes and circuit.
- Anaerobic: requires a large amount of energy in a short amount of time. Example: sprinting
- Resistance: Exercise that uses resistance against an object in order to facilitate muscle strength and growth. This takes place during the use of machines.
- Stretching phase: Usually done at the end of a workout as a cool down activity to prevent blood from pooling and to increase your flexibility.
- Free Weights, stability ball, weight lifting machines for circuit training
Methods of Assessments/Evaluation:
- Fitness Schedule plan - recorded daily
- Teacher Observation

Resources/Including Online Resources
- Personal Fitness Textbook
- Dynamic Physical Education Textbook
- Strength Ball Training Textbook