

LESSON PLAN
Department of Exercise and Sport Sciences
Manchester College

Teacher: Mr. Williams **Date of Lesson:** February 17-18, 2011 **Time Period:** 9:01-10:13, 12:51-2:03, and 2:15-3:27 **Grade Level:** 6-8 **Number of Students:** 25 **Lesson Focus:** Weight training/fitness **Teaching Style:** Command

Academic Standards

C: Students demonstrate an understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

A: Students exhibit responsible personal and social behavior that respects self and others in physical activity settings.

P: Students achieve and maintain a health-enhancing level of physical fitness.

Performance Objectives

C: The students will perform their lifts with correct form during the weight training portion of class, with 80% of skill cues being executed correctly.

A: The students will take turns at their lifts and be courteous of one another's personal space, with no incidence of arguing throughout the class.

P: The students will meet or exceed an average heartrate of 160 beats per minute during the class.

Equipment/Materials

Skill Development

Fitness Activity

- Student-led stretching
- Push-ups and sit-ups
- Leg lifts
- Windshield Wipers
- Planks (forward, side, side, back)

Plyometrics

- High knees
- Buttkicks
- Carioca
- Tapioca
- Skip for height
- Skip for distance
- Push-up and sprint
- Sit-up and sprint

Fitness Run

- 12 minute run for time on indoor track

Introduction/Set Induction

Today we will be doing secondary lifts in the weight room. What muscle group am I strengthening if I perform a lift in this motion (bicep curls)? What about this motion (tricep extensions)?

Group Activity

Our weight training workout will be with partners today. Try to find someone of similar strength to avoid excessive loading/unloading of weights. We will be focusing on secondary lifts today (lifts that isolate only one muscle group). Examples of these are bicep curls, leg extensions, leg curls, dumbbell curls, tricep extensions, calf raises, etc. We will be doing 3 sets of 10 repetitions, gradually increasing the weight on each set. Once you complete a set, it is your partners turn to do his set. When you are between sets you are to be on a cardio machine. Your average heartrate must be at least 160 today. Make sure you disinfect all upholstery after completing a lift.

Assessment (*Form Attached*)

Instructional Adjustments

Students are to pick partners of similar strength/ability levels. Participation is based on effort, which is proven by their average heartrate. Therefore, the workout can be catered to all individuals. Furthermore, students with lower extremity injuries/disabilities may focus on upper body lifting. Students with upper extremity injuries/disabilities may focus on lower body lifting.

Closure

In review, which muscle group is being strengthened while doing leg extensions? What about leg curls? Make sure all dirty towels go in the correct container and all disinfectant bottles are put away.

Heartrate Checklist

Student

Heartrate of 160+