

Teacher: David Marko	Course: Weightlifting	Grade Level(s): 9-12
	Months: August through January Topic(s): Weightlifting	
Content/Big Ideas	<p><u><i>Weightlifting</i></u></p> <ul style="list-style-type: none"> • This course will focus on the development of overall body strength and endurance. 	
Essential Questions	<ul style="list-style-type: none"> • <i>What body parts am I focusing on today?</i> • How will I achieve my short- and long-term goal? • How do I improve my mind to muscle connection in order to reach my goals? 	
Concepts	<ul style="list-style-type: none"> • Safety measures when storing, moving and using weights. • Cleaning benches, bars and all other utilized materials. • Proper technique to be used during various exercises. 	
Skills	<ul style="list-style-type: none"> • Students will learn how to focus on specific body parts and exercises that coincide with them. • Students will learn exercises that will provide lifelong learning. • Students will learn proper safety and hygiene practices while in a public weight room setting. 	
Standards/Benchmarks	<p>10.1.9.C, 10.1.12.B, 10.2.12.D, 10.4.12.A, 10.4.9.B, 10.4.9.C, 10.4.12.B, 10.4.12.C, 10.4.9.D, 10.4.9.E, 10.4.12.E, 10.5.9.A, 10.5.12.C, 10.5.9.D,</p>	

Activities & Assessments

The class will focus on individualized plans of building strength. The use of proper weightlifting techniques will establish short- and long-term benefits for each student. The use of proper weightlifting techniques will help assure both physical safety and focus on the correct muscles to be utilized.

The class will focus on 2 body parts per day during each class. For example, Monday will be Chest and Biceps, Tuesday will be Legs, Wednesday will be Triceps and Back, Thursday will be Forearms and Core, and Friday will be Cardio day.

Assessments will be judged on participation and ability to follow classroom rules. A rubric will be utilized with 2 points as full credit per class.