

## Olympic Weightlifting I (Master)

Teacher: Mitch Harmoning

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Content	Skills	Learning Targets	Standards	Assessment	Resources & Technology
<p><b>CEQ:</b></p> <p>•WHAT IS PERSONAL FITNESS?</p> <p><b>UEQ:</b></p> <p>°What are basic weight room terms?</p> <p>°What are the benefits of strength training?</p> <p>°What is the proper technique for specific exercises?</p> <p>°What are the lifters responsibilities?</p> <p>°What are the spotters responsibilities?</p> <p>°</p> <p><b>A. Muscular and Cardiovascular Fitness</b></p> <p>1. Strength Program</p> <p>2. Technique</p> <p>3. Spotter and Lifter Responsibilities</p>	<p><b>Muscular and Cardiovascular Fitness</b></p> <p>1. Identify the importance of a strength program and record keeping</p> <p>2.. Identify the importance of a warm-up and cool-down when working out.</p> <p>3. Identify and demonstrate proper technique of various fitness activities (Upper Body Lifts, Lower Body Lifts, Spotting)</p> <p>4. Compare and contrast muscular strength and muscular endurance</p> <p>5. Participate in fitness runs being in target heart rate zone for 20-35 minutes.</p>	<p><b>Muscular and Cardiovascular Fitness</b></p> <p>LT1. I can demonstrate how to effectively use a heart rate monitor.</p> <p>LT 2.I can exercise at different levels of intensity with and without a heart rate monitor.</p> <p>LT3. I can identify the major muscle groups and perform exercises to target those muscles.</p> <p>LT4. I can demonstrate how to do a perfect rep and set.</p> <p>LT5.I can demonstrate the proper technique for performing a bench press.</p>	<p><b>Muscular and Cardiovascular Fitness</b></p> <p><b>S3.H7.L1</b></p> <p><b>S3.H9.L1</b></p> <p><b>S4.H2.L1</b></p>	<p><b>Muscular and Cardiovascular Fitness</b></p> <p>CFA= . Body Weight Assessment</p> <p>CSA= Mile Run</p> <p>CFA = . Individual Heart Rate data downloaded on a weekly basis and compared to rubric. (attached)</p> <p>CFA = . Sets/Reps recorded on individual weight room cards. (attached)</p> <p>CSA = Pull-up Test</p> <p>CSA = Situps in a minute</p> <p>CSA = Bench Press Max Test</p> <p>CSA = Back Squat Max Test</p>	<p><b>Muscular and Cardiovascular Fitness</b></p> <p>Weight Room</p> <p>Coach My Video app on teacher ipad</p> <p><b>Lift technique videos on XL Athlete website</b></p> <p>Heart Rate Monitors</p> <p>Polar Software</p>

<p>4. Muscle Strength 5. Muscle Endurance 6. Cardiovascular Fitness</p>		<p>LT6. I can demonstrate proper technique for performing a back squat.</p> <p>LT7. I understand and can perform an estimated max and one repetition max test for bench press and back squat.</p> <p>LT8. I can demonstrate proper fundamental technique for the power clean.</p> <p>I can compare my physical performance to the presidential and national fitness standards for the bench press, squat, sit-up, mile run, pull-up</p> <p>.</p>			
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