

## Olympic Weightlifting II

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Content	Skills	Learning Targets	Standards	Assessment	Resources & Technology
<p><b>CEQ:</b></p> <ul style="list-style-type: none"> <li>•WHAT IS PERSONAL FITNESS?</li> </ul> <p><b>UEQ:</b></p> <ul style="list-style-type: none"> <li>°What are basic weight room terms?</li> <li>°What are the benefits of strength training?</li> <li>°What is the proper technique for specific exercises?</li> <li>°What are the lifters responsibilities?</li> <li>°What are the spotters responsibilities?</li> </ul> <p><b>A. Muscular and Cardiovascular Fitness</b></p> <ol style="list-style-type: none"> <li>1. Strength Program</li> <li>2. Technique</li> </ol>	<p><b>Muscular and Cardiovascular Fitness</b></p> <ol style="list-style-type: none"> <li>1. Identify the importance of a strength program and record keeping</li> <li>2.. Identify the importance of a warm-up and cool-down when working out.</li> <li>3. Identify and demonstrate proper technique of various fitness activities (Upper Body Lifts, Lower Body Lifts, Spotting)</li> <li>4. Compare and contrast muscular strength and muscular endurance</li> <li>5. Participate in</li> </ol>	<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</p>	<p><b>Muscular and Cardiovascular Fitness</b></p> <p><b>S3.H7.L1</b> <b>S3.H9.L1</b> <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>CSA= Power Clean Max</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 Polar Software</p>

<p>3. Spotter and Lifter Responsibilities          4. Muscle Strength          5. Muscle Endurance          6. Cardiovascular Fitness</p>	<p>fitness runs being in target heart rate zone for 20-35 minutes.</p>	<p>demonstrate the proper technique for performing a bench press.</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 rubric for the bench press, squat, pull-ups and power clean.</p>			
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