Strength and Conditioning – Honors

John A. Holmes High School

I. Curriculum Content

1. Rationale

This course is intended to cover instruction that expands the knowledge and skills to include more advanced movement concepts in weight lifting. Topics include the breakdown of muscle movements, the impact of lifts on different muscles, successful creation of weight training programs, injury prevention, weight room space awareness, and goal setting. Skills in writing and mathematics are reinforced in this class. Student centered learning strategies appropriate for this course are research projects, weight training plans, and evaluation of technique. Students will be directed by the teacher but will conduct most projects on their own while receiving feedback from the instructor.

This honors course extends the Standard Course of Study to a higher, more challenging level. Students can expect to complete extensive assignments including research papers, charts and graphs, and weight lifting plans. Students will also regularly act as evaluators and teachers to other students in their class.

2. Standards & Objectives

HS.MS.1	Apply competent motor skills and movement patterns	HS.MS.1.1	Understand how secondary lifts enhance the performance of the primary lifts.
	needed to perform a variety of physical activities.		Apply fundamental motor skills and complex skills needed to participate successfully in primary lifts.
		HS.MS.1.3	Analyze statistical data about personal performance to develop strategies to improve primary lifting performance.
		HS.MS.1.4	Create a workout plan using different secondary lifts to enhance the performanc of primary lifts with an emphasis on specifimuscle groups that enhance that lift.

HS.MC.2	Understand concepts, principles, strategies, and tactics that apply to	HS.MC.2.1	Identify the concepts of frequency, overload, and duration and understand their importance when lifting weights.
	the learning and	HS.MC.2.2	Create a plan for establishing and maintaining lifelong weight lifting behaviors based on concepts of frequency, overload, and duration.
		HS.MC.2.3	Apply complex lifting movements and evaluate individual performance and technique.
		HS.MC.2.4	Analyze evaluation outcomes used during complex lifting movements and develop strategies to improve performance.

importance of achieving and maintaining a		Identify and understand the relationship between muscular endurance and muscular strength.
health-enhancing level of physical fitness.	HS.HF.3.2	Evaluate personal weight lifting status by performing a muscular strength (max out) test.
	HS.HF.3.3	Analyze personal weight lifting status based on the performance test and set a goal for muscular strength and muscular performance and create a weight plan to achieve the goal.
	HS.HF.3.4	Evaluate goals and explain the outcome.
	achieving and maintaining a health-enhancing level of physical	achieving and maintaining a health-enhancing level of physical fitness. HS.HF.3.2 HS.HF.3.3

strategies that are responsible and	HS.PR.4.1	Implement leadership skills to promote safe weight lifting for yourself and others.
enhance respect of self and others and value activity.	HS.PR.4.2	Create a plan to promote appropriate weight lifting techniques to help novice and advanced weight lifters to be safe in the weight room for themselves and others and mindful of space for others.
	HS.PR.4.3	Explain the influence of weight lifting on the development of self-awareness.

3. Curriculum Plan

This course will consist of 12 modules. Students will have to complete 2 modules per semester.

These modules will consist of research papers, charts and graphs, goal setting, and rubrics.

Students will write a one page summary of what they learned and/or how their knowledge and

strength has improved at the end of each module, as well as take a quiz. When students have completed all the modules they will write a 5 page paper summarizing the course, this will include their growth, their struggles in the class, and what they learned, as well as take an exam on all 12 modules. Everything will be kept in a portfolio.

1st Semester

Module 1: HS.MS.1.1, HS.MS.1.2, HS.HF.3.1, HS.HF.3.2, HS.HF.3.3

Module 2: HS.MS.1.2, HS.MS.1.3, HS.HF.3.2, HS.HF.3.4

2nd Semester

Module 3: HS.MS.1.2, HS.MC.2.1, HS.HF.3.2, HS.HF.3.3

Module 4: HS.MS.1.2, HS.MS.1.3, HS.MC.2.2, HS.HF.3.2, HS.HF.3.4

3rd Semester

Module 5: HS.MS.1.2, HS.MS.1.4, HS.HF.3.2, HS.HF.3.3

Module 6: HS.MS.1.2, HS.MS.1.3, HS.HF.3.2, HS.HF.3.4

4th Semester

Module 7: HS.MS.1.2, HS.HF.3.2, HS.HF.3.3, HS.PR.4.2

Module 8: HS.MS.1.2., HS.MS.1.3, HS.HF.3.2, HS.HF.3.4, HS.PR.4.3

5th Semester

Module 9: HS.MS.1.2, HS.HF.3.2, HS.HF.3.3

Module 10: HS.MS.1.2, HS.MS.1.3, HS.HF.3.2, HS.HF.3.4

6th (Final) Semester

Module 11: HS.MC.2.3, HS.MC.2.4, HS.HF.3.2, HS.HF.3.3

Module 12: HS.MS.1.2, HS.MC.2.4, HS.HF.3.2, HS.HF.3.4

Objectives	Assignments
HS.MS.1.1	
Understand how secondary lifts enhance the performance of the primary lifts.	Students will make a chart of the primary lifts and identify and explain the secondary lifts that help the performance of that primary lift.
HS.MS.1.2	
Apply fundamental motor skills and complex skills needed to participate successfully in primary lifts.	Students will apply fundamental and complex skills in the weight room. Students will be evaluated everyday by the instructor. Students will also critique each othe on technique by using a rubric and evaluate themselves by being video taped.
HS.MS.1.3	Ct. /
Analyze statistical data about personal performance to develop strategies to improve primary lifting performance.	Students will evaluate and analyze their rubrics and video tape. Students will list things they did right during the lift and things they need to improve on.
HS.MS.1,4	Ch. days 12
Create a workout plan using different secondary	Students will create a workout plan using secondary lifts to help improve primary lifts. Students will need to have at least secondary lifts for each primary lifts and create a 3 day a week workout plan alternating lifts.

Objectives	Assignments	
HS.MC.2.1 Identify the concepts of frequency, overload, and duration and understand their importance when lifting weights.	Students will define frequency, overload, and duration and explain the importance of each one when lifting weights.	
HS.MC.2.2 Create a plan for establishing and maintaining ifelong weight lifting behaviors based on concepts of frequency, overload, and duration.	Students will write a 3 page paper on frequency, overload, and duration.	
Apply complex lifting movements and evaluate ndividual performance and technique.	Students will add more complex movements to their workouts, such as front squat and clean and press. Students will evaluate their performance with rubrics and video tape.	

Objectives	Assignments	
HS.MC.2.4 Analyze evaluation outcomes used during complex lifting movements and develop strategies to improve performance.	Students will analyze and breakdown their performance of the complex lifts by watching the video tape and looking at the rubric. Students will develop strategies improve their lifting technique.	
Objectives	Assignments	
HS.HF.3.1 Identify and understand the relationship between muscular endurance and muscular strength.	Students will define muscular strength and muscular endurance. Students will give examples of each and explain how to improve muscular strength and endurance.	
HS.HF.3.2 Evaluate personal weight lifting status by performing a muscular strength (max out) test.	Students will perform a muscular strength test for each of the primary lifts. Students will chart their results and perform the test at the end of every semester to show improvement.	
Analyze personal weight lifting status based on the performance test and set a goal for muscular strength and muscular performance.	Students will analyze their performance test and set goals for each lift to be achieved by the end of the semester. Students will keep a log of their goals and results. Students will set new goals every semester.	
HS.HF.3.4 Evaluate goals set in the previous module and explain the outcome.	Students will evaluate their goals. Students will explain why or why not they did or did not meet their goals that were set in the previous module. Students will do this at the end of every semester and be able to chart growth.	

Objectives	Assignments
HS.PR.4.1 Implement leadership skills to promote safe weight lifting for yourself and others.	Students will create a group presentation on weight room safety and present it to the class.
HS.PR.4.2 Create a plan to promote appropriate weight lifting techniques to help novice and advanced weight lifters to be safe in the weight room for themselves and others and mindful of space for others.	Students will create an injury prevention plan for weigh lifters (powerpoint). This will include space awareness, spotting, and listening. Students will present this to the class.

Objectives	Assignments
HS.PR.4.3 Explain the influence of weight lifting on the development of self-awareness.	Students will research how weight lifting helps with self awareness. Students will then write a one page paper.

Module 1 Lesson Plans

OURSE TITLE: Weight Training	ECCONAVINO
	LESSON NUMBER: 1
STRUCTIONAL GOAL (HS.MS.1.1) L can expla	nin how secondary lifts enhance the performance of primary lifts.
· · · · · · · · · · · · · · · · · · ·	in riow secondary lifts enhance the performance of primary lifts.
 LESSON CONTENT (what is to be taught 	it)
The importance of secondary lifts when weight	ht training.⊖
STRUCTIONAL PROCEDURES	
Standard - Students will understand the imp	portance of secondary lifts.
	a chart of the primary lifts and identify and explain the secondary lifts that help the
SURE:	
Ougstion: Have de	
Question: How do secondary lifts help the perform	nance of primary lifts
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puter	
RSE TITLE: Weight Training	
	LESSON NUMBER: 2
RUCTIONAL GOAL (HS.MS.1.2)□I can successfi	

	LESSON CONTENT (what is to be taught)
And all the state of the state	Proper lifting form□
INSTI	RUCTIONAL PROCEDURES
•	Standard - Students will perform lifts
•	Honors – Students will perform lifts while being video taped and evaluated
MATE	RIALS AND AIDS:
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OURS	E TITLE: Weight Training
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	E TITLE: Weight Training LESSON NUMBER: 3 CTIONAL GOAL (HS.HF.3.1)
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STRU each.	CTIONAL GOAL (HS.HF.3.1) I can explain the difference between muscular strength and muscular endurance and give example LESSON CONTENT (what is to be taught)
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STRU each.	CTIONAL GOAL (HS.HF.3.1) and explain the difference between muscular strength and muscular endurance and give example. LESSON CONTENT (what is to be taught) Muscular Strength Muscular Endurance TIONAL PROCEDURES Standard - Students will know the difference between muscular strength and muscular endurance.
STRU each.	CTIONAL GOAL (HS.HF.3.1) I can explain the difference between muscular strength and muscular endurance and give example LESSON CONTENT (what is to be taught) Muscular Strength Muscular Endurance TIONAL PROCEDURES Standard - Students will know the difference between muscular strength and muscular endurance. Honors - Students will do a KWL sheet. (Homework) Students will define muscular strength and muscular endurance, give example of each, and explain how to improve them.
STRU each.	CTIONAL GOAL (HS.HF.3.1) I can explain the difference between muscular strength and muscular endurance and give example LESSON CONTENT (what is to be taught) Muscular Strength Muscular Endurance TIONAL PROCEDURES Standard - Students will know the difference between muscular strength and muscular endurance. Honors - Students will do a KWL sheet. (Homework) Students will define muscular strength and muscular endurance, give example of each, and explain how to improve them.

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KWL Sheet	
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COURSE TITLE: Weight Training	LESSON NUMBER: 4
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ISTRUCTIONAL GOAL (HS.HF.3.2) ☐I can success	fully perform a strength test in the weight room.
LESSON CONTENT (what is to be taught)	
(and to so taught)	
Strength Test (Max out)	
Stiength Fest (Max out)	
STRUCTIONAL PROCEDURES	
 Standard - Students will max out 	
Honors Students :: II	
Tionors – Students will perform a muscular st	trength (max out) test for each of the primary lifts. Students will chart their results
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RSE TITLE: Weight Training	
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•	LESSON CONTENT (what is to be taught)
•	Goal Setting
INSTRUC	CTIONAL PROCEDURES
	Standard - Students will lift
	Standard - Students will lift
•	Honors – Students will analyze their performance test and set goals for each lift to be achieved by the end of the semester. Students will keep a log of their goals and results.
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*Quiz on what was learned

Module 2 Lesson Plans

COURS	SE TITLE: Weight Training	LESSON NUMBER: 6
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INSTRU	CTIONAL GOAL (HS.MS.1.2) ☐I can successfully perform	lifts in the weight room
		and an one meight room,
•	LESSON CONTENT (what is to be taught)	
•	Proper lifting form□	
INSTRIE	CTIONAL PROCEDURES	
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0	Standard - Students will perform lifts	
	Honors - Students will perform lifts while being video tape	ed and evaluated
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COURSE TITLE: Weight Training	
	LESSON NUMBER: 7
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NSTRUCTIONAL GOAL (HS.MS.1.3) ☐ I can succ	cessfully perform lifts in the weight room.
 LESSON CONTENT (what is to be taughter) 	ht)
● Proper lifting form□	
ISTRUCTIONAL PROCEDURES	
 Standard - Students will perform lifts 	
 Honors – Students will evaluate and ana 	lyze their rubrics and video tape. Students will list things they did right during the lift and
things they need to improve on.	students will list things they did right during the lift and
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JRSE TITLE: Weight Training	LESSON NUMBER: 8

	RUCTIONAL GOAL (HS.HF.3.2) ☐ I can successful	lly perform a st	rength test in the weight room.
	 LESSON CONTENT (what is to be taught) 		3
	(what is to be taught)		
•	Strength Test (Max out)		
3	Strength Test (Max out)		
NSTR	RUCTIONAL PROCEDURES		
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•	Standard - Students will max out		
•	Honors – Students will perform a muscular stre	ength (max out) test for each of the primary lifts. Students will chart their resul
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URSE	CTIONAL GOAL (HS.HF.3.4) ☐I can evaluate my g		LESSON NUMBER: 9
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1 Page Summary of Module 2 Quiz on what was learned	
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OURSE TITLE: Weight Training	odule 3 Lesson Plans
g ridning	LESSON NUMBER: 10
ISTRICTIONAL CONTROLLOR	
ISTRUCTIONAL GOAL (HS.MS.1.2) \Box I can successf	fully perform lifts in the weight room.
 LESSON CONTENT (what is to be taught) 	
● Proper lifting form□	
STRUCTIONAL PROCEDURES	
Standard - Students will perform lifts	
Honors – Students will perform lifts while beir	ng video taped and evaluated
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PSE TITLE . W	
RSE TITLE:Weight Training	LESSON NUMBER: 11
RUCTIONAL GOAL (HS.MC.2.1) I can understand	the importance of frequency, overload, and duration.

•	LESSON CONTENT (what is to be taught)
	Frequency
NOTE III	Overload
INSTRUC	TIONAL PROCEDURES
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•	Standard - Students will know what frequency, overload, and duration are.
01.00	Honors – (Homework) Students will define frequency, overload, and duration and explain the importance of each one when lifting KWL Chart
CLOSURE MATERIAL	E KWL Chart S AND AIDS:
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JOUNGE 1	TTLE: Weight Training LESSON NUMBER: 12
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NSTRUCTI	IONAL GOAL (HS.HF.3.2) ☐ I can successfully perform a strength test in the weight room.
• LI	ESSON CONTENT (what is to be taught)
• St	trength Test (Max out)
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	andard - Students will max out onors — Students will perform a muscular strength (max out) test for each of the primary lifts. Students will chart their results.
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• Ho	onors – Students will perform a muscular strength (max out) test for each of the primary lifts. Students will chart their results.
• Ho	onors – Students will perform a muscular strength (max out) test for each of the primary lifts. Students will chart their results.
• Ho	onors – Students will perform a muscular strength (max out) test for each of the primary lifts. Students will chart their results.

COURSE TITLE: Weight Training	LESSON NUMBER: 13
NSTRUCTIONAL GOAL (HS.HF.3.3) \Box I can successful	Drank and
(an auccession	ily set goals.
IESSON CONTENT () L	
 LESSON CONTENT (what is to be taught) 	
Goal Setting	
STRUCTIONAL PROCEDURES	
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Standard - Students will lift	
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Honors - Students will analyze that	
Students will keep a log of their goals and result	ce test and set new goals for each lift to be achieved by the end of the semestel
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*Quiz on what was learned

Module 4 Lesson Plans

COURSE TITLE: Weight Training	LESSON NUMBER: 14	
NICTOLOGICAL		
INSTRUCTIONAL GOAL (HS.MS.1.2) ☐ I can successfull	ly perform lifts in the weight room.	

•	LESSON CONTENT (what i	is to be taught)	
•	Proper lifting form□		
NSTRU	ICTIONAL PROCEDURES		
•	Standard - Students will perfo	orm lifts	
•	Honors – Students will perform	orm lifts while being video ta	ped and evaluated
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DURSE '	TITLE:Weight Training		LESSON NUMBER: 15
		l can successfully perform li	
STRUCT	TIONAL GOAL (HS.MS.1.3) ☐ I		
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• I	TIONAL GOAL (HS.MS.1.3) ☐ I		
• I	TIONAL GOAL (HS.MS.1.3) ☐ I LESSON CONTENT (what is to Proper lifting form □		
• I	TIONAL GOAL (HS.MS.1.3) ☐ I		
• I	TIONAL GOAL (HS.MS.1.3) I	to be taught)	
• I	TIONAL GOAL (HS.MS.1.3) ☐ I LESSON CONTENT (what is to Proper lifting form □	to be taught)	
• IF	TIONAL GOAL (HS.MS.1.3) I	to be taught) n lifts	

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Paper/Pencil	
OURSE TITLE: Weight Training	LESSON NUMBER: 16
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ISTRUCTIONAL GOAL (HS.MC.2.2) \Box I can successfully write a	paper on frequency, duration, and overload
 LESSON CONTENT (what is to be taught) 	
• Frequency	
• Duration	
● Overload □	
STRUCTIONAL PROCEDURES	
Standard - Students will lift	
Honors – (Homework) Students will write a 3 page paper	r on frequency, overload, and duration
OSURE: Finish KWL Chart	, and dataton.
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JRSE TITLE: Weight Training	LESSON NUMBER: 17

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мания	LESSON CONTENT (what is to be taught)	
-	Strength Test (Max out)	
INSTR	TRUCTIONAL PROCEDURES	
•	Standard - Students will max out	
	Honors – Students will perform a muscular strength (max out) test for each of	the primary lifts. Students will chart their resu
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	RSE TITLE: Weight Training LESSON NUMB	ER: 18
	RUCTIONAL GOAL (HS.HF.3.3) I can successfully set goals.	ER: 18
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	RUCTIONAL GOAL (HS.HF.3.3) I can successfully set goals.	ER: 18
	RUCTIONAL GOAL (HS.HF.3.3) I can successfully set goals.	ER: 18
	RUCTIONAL GOAL (HS.HF.3.3) I can successfully set goals. LESSON CONTENT (what is to be taught)	ER: 18
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NSTRL •	RUCTIONAL GOAL (HS.HF.3.3) I can successfully set goals. LESSON CONTENT (what is to be taught) Goal Setting RUCTIONAL PROCEDURES Standard - Students will lift	

MATERIALS AND AIDS: Portfolio
Paper/Pencil
Chart

COURSE TITLE: Weight Training	I PARAMETER AND
The state of the s	LESSON NUMBER: 19
INSTRUCTIONAL GOAL (HS.HF.3.4) ☐ I can evaluate my goals.	
LESSON CONTENT (what is to be taught)	
● Goal Evaluation□	
NOTE LOTIONAL PROCESSION	
INSTRUCTIONAL PROCEDURES	
 Standard - Students will max out 	
 Honors – Students will evaluate their goals. Students will ex 	plain why or why not they did or did not meet their goals that were
set in module 3.	, , , , , , , , , , , , , , , , , , , ,
MATERIALS AND AIDS:	
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^{*}Quiz on what was learned

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INSTRU	ICTIONAL GOAL (HS.MS.1.2) ☐ I can succes	sfully perform lifts in the weight room.
•	LESSON CONTENT (what is to be taught)	
•	Proper lifting form□	
INSTRUC	CTIONAL PROCEDURES	
•	Standard - Students will perform lifts	
*	Honors - Students will perform lifts while be	eing video tanad and auglissis I
	, and the or	enig video taped and evaluated
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OURSE -	TIONAL GOAL (HS.MS.1.4) ☐ i can successfu	
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OURSE SISTRUCT	TIONAL GOAL (HS.MS.1.4) ☐ I can successfu LESSON CONTENT (what is to be taught)	
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ISTRUCT	TIONAL GOAL (HS.MS.1.4) ☐ I can successfu LESSON CONTENT (what is to be taught) How to create a workout plan⊟	
ISTRUCT	TIONAL GOAL (HS.MS.1.4) ☐ I can successfu LESSON CONTENT (what is to be taught)	
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STRUCTI	TIONAL GOAL (HS.MS.1.4) i can successful LESSON CONTENT (what is to be taught) How to create a workout plan i IONAL PROCEDURES Standard - Students will max out	ully create a workout plan based on the knowledge I have gained from this cours
STRUCTI	TIONAL GOAL (HS.MS.1.4) i can successful LESSON CONTENT (what is to be taught) How to create a workout plan i IONAL PROCEDURES Standard - Students will max out	

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OURSE TITLE: Weight Training	LESSON NUMBER: 22
	LEGGON NOMBER : 22
STRUCTIONAL COAL (US US A O. C.)	
STRUCTIONAL GOAL (HS.HF.3.2) ☐I can successf	fully perform a strength test in the weight room.
LESSON CONTENT (what is to be taught)	
(All to to diagnly	
Strength Test (Max out)	
STRUCTIONAL PROCEDURES	
STRUCTIONAL PROCEDURES	
 Standard - Students will max out 	
Honors - Students will perform a muscular a	
	trength (max out) test for each of the primary lifts. Students will chart their results
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LESSON CONTENT (what is to be taught)
• Goal Setting
INSTRUCTIONAL CROSSPURS
INSTRUCTIONAL PROCEDURES
Standard - Students will lift
- Maria Cidents will fill
Honors - Studento vill analysis 45-15
 Honors – Students will analyze their performance test and set goals for each lift to be achieved by the end of the semester.
gould drid results.
MATERIALS AND AIDS:
Portfolio
 Paper/Pencil
a apoint endi
Chart

*Quiz on what was learned

Module 6 Lesson Plans

COURSE	TITLE: Weight Training	I ESCONNI IMPERIO
	· •	LESSON NUMBER: 24
INSTRUCT	TIONAL GOAL (HS.MS.1.2) \Box I can successfully perform lifts in	
	(1997) Tourn successibility perform lifts in	the weight room.
•	LESSON CONTENT (what is to be taught)	
	(what is to be taught)	
	Proper lifting form	
	Topol ments formed	
INSTRUCT	TONAL PROCEDURES	
i !		
9 5	Standard - Students will perform lifts	
● F	Honors - Students will perform lifts while being video taped and	evaluated

mana pana dia dia dia dia dia dia dia dia dia di		
MATERI	ALS AND AIDS:	
Rubric		
IPAD		
-		
COURSE	ETITLE: Weight Training	LESCONNUMED OF
	The trought framing	LESSON NUMBER: 25
INSTRUC	CTIONAL GOAL (HS.MS.1.3) \Box I can successfully perform	n lifts in the weight room.
•	LESSON CONTENT (what is to be taught)	
•	Proper lifting form□	
INSTRUC	CTIONAL PROCEDURES	
•	Standard - Students will perform lifts	
•	Honors – Students will evaluate and analyze their rubric	cs and video tape. Students explain how their form has improved.
MATERIA	ALS AND AIDS:	
Portfolio		
Rubric		
IPAD		
Paper/Pe	ncil	
COURSE	TITLE: Weight Training	LESSON NUMBER: 26
The state of the s		
VSTRUC'	TIONAL GOAL (HS.HF.3.2) \Box I can successfully perform	a strength test in the weight room

· · · · · · · · · · · · · · · · · · ·	LESSON CONTENT (what is to be taught)
•	Strength Test (Max out)
INSTRUC	TIONAL PROCEDURES
•	Standard - Students will max out
•	Honors – Students will perform a muscular strength (max out) test for each of the primary lifts. Students will chart their results.
MATERIAL	LS AND AIDS:
Portfolio	ES AIND AIDS:
Chart	
Parameter Commission C	

LESSON MUMPED 103
LESSON NUMBER: 27
ls.
s will explain why or why not they did or did not meet their goals that were

5 A 2 200 C		
MATERIALS AND AIDS: Portfolio		
Paper/Pencil		
*1 Page Summary of Module 6		
*Quiz on what was learned		
N. I.I. ar		
Module 7 Les	sson Plans	
COURSE TITLE: Weight Training	LESSON NUMBER: 28	
INSTRUCTIONAL GOAL (HS.MS.1.2) ☐ I can successfully perform lifts in	the weight room.	
LESSON CONTENT (what is to be taught)		
ELECCIVICATI (What is to be laught)		
● Proper lifting form□		
INSTRUCTIONAL PROCEDURES		
Standard - Students will perform lifts		
Honors – Students will perform lifts while being video taped and evaluated		
MATERIALS AND AIDS:		
Rubric		
IPAD		
COURSE TITLE: Weight Training	LESSON NUMBER: 29	
NSTRUCTIONAL GOAL (HS.HF.3.2) I can successfully perform a strer	igth test in the weight room	
•	-	

•	LESSON CONTENT (what is to be taught)	
•	Strength Test (Max out)	
INSTRUC	CTIONAL PROCEDURES	
•	Standard - Students will max out	
•	Honors – Students will perform a muscular strength (max ou	t) test for each of the primary lifts. Students will chart their results.
MATERIA	NLS AND AIDS:	
Portfolio		
Chart		
COURSE	TITLE: Weight Training	LESSON NUMBER: 30
		LEGGUN NUMBER. 30
INSTRUC	TIONAL GOAL (HS.HF.3.3) ☐ I can successfully set goals.	
•	LESSON CONTENT (what is to be taught)	
	Goal Setting	
D NOTOLO		
INSTRUC	TIONAL PROCEDURES	
•	Standard - Students will lift	
•	Honors – Students will set new goals for each lift to be achieve goals and results.	ed by the end of the semester. Students will keep a log of their

MATERIALS AND AIDS: Portfolio	
Paper/Pencíl	
Chart	
COURSE TITLE: Weight Training	LESSON NUMBER: 31
INSTRUCTIONAL GOAL (HS.PR.4.2) I can successfully explain the in	mportance of injury prevention in the weight room.
LESSON CONTENT (what is to be taught)	
Injury prevention in the weight room	
INSTRUCTIONAL PROCEDURES	
Standard - Students listen to the presentation	
 Honors – (Homework) Students will create an injury prevention awareness, spotting, and listening. Students will present this 	on plan for weight lifters (powerpoint). This will include space to the class.
CLOSURE:	
Exit Ticket: Write down one thing you learned from the presentation	
MATERIALS AND AIDS: Portfolio	
Computer	
Projector	

^{*}Quiz on what was learned

COURS	SE TITLE: Weight Training	LESS	SON NUMBER: 32
-			
INSTRU	JCTIONAL GOAL (HS.MS.1.2) ☐I can successfully	perform lifts in the w	veight room
-		***************************************	
•	LESSON CONTENT (what is to be taught)		
	Proper lifting form□		
INSTRU	JCTIONAL PROCEDURES		
	Standard - Students will perform lifts		
	Statement with perform title		
•	Honors - Students will perform lifts while being	ideo taped and evalu	uated
5 4 A TEP TO			
MATERI Rubric	ALS AND AIDS:		
IPAD			
COURSE	ETITLE: Weight Training	1.500	NAME
		LE35C	DN NUMBER: 33
NSTRUC	CTIONAL GOAL (HS.MS.1.3) ☐ I can successfully	orform lifts in the	
***************************************	(i.e.mo. i.e.y a real successibility	enorm iiits in the we	eight room.
•	LESSON CONTENT (what is to be taught)		
	Proper lifting form□		
JETBUG			
401RUC	CTIONAL PROCEDURES		
•	Control of the contro		
99	Standard - Students will perform lifts		
•	Honors - Students will evaluate and analyze their	rubrics and video ta	ipe. Students explain how their form has improved.

MATERIALS AND AIDS:	
Portfolio	
Rubric	
IPAD	
Paper/Pencil	
COURSE TITLE: Weight Training	LESSON NUMBER: 34
-	LEGGGRADINDER. 34
NSTRUCTIONAL GOAL (HS.HF.3.2) ☐ I can successfully	perform a strength test in the weight room.
LESSON CONTENT (what is to be taught)	
(mat is to be laught)	
Strength Test (Max out)	
NSTRUCTIONAL PROCEDURES	
Standard - Students will max out	
Honors – Students will perform a muscular streng	oth (max out) test for each of the primary lifts. Students will chart their results.
LOSURE:	
xit Ticket: Students will state which lifts they improved on.	
ATERIALS AND AIDS:	
ortfolio	
hart	
OURSE TITLE: Weight Training	LESSON NUMBER: 35

INSTRUC	CTIONAL GOAL (HS.HF.3.4) ☐ I can evaluate my goals.		
•	LESSON CONTENT (what is to be taught)		
•	Goal Evaluation□		
INSTRUC	CTIONAL PROCEDURES		
•	Standard - Students will max out		
	Honors – Students will evaluate their goals. Students will exp set in module 7.	lain why or why not they did or did not meet their goals that were	
MATERIA Portfolio	ALS AND AIDS:		
Paper/Pe	ncil		
rounn-sea apatamentum periodi region			
COURSE	TITLE: Weight Training	LESSON NUMBER: 36	
INSTRUC	TIONAL GOAL (HS RD 4.2)		
	TIONAL GOAL (HS.PR.4.3) ☐I can successfully explain the inf	nuence of weight lifting on the development of self-awareness.	
•	LESSON CONTENT (what is to be taught)		
	0.10		
m	Self-awareness		
INSTRUC	TIONAL PROCEDURES		
•	Standard - Students will lift and be aware of their own bodies an	d space.	
•	$\label{thm:equation:how-weight-lifting} Honors - (Homework) \ \ \ Students \ \ \ will \ research \ how \ weight \ lifting \ paper.$	helps with self awareness. Students will then write a one page	
CLOSURE	:KWL Chart		

MATERIALS AND AIDS: Portfolio	
Computer	
KWL Chart	
*1 Page Summary of Module 8	
*Quiz on what was learned	
Module 9 Le	sson Plans
COURSE TITLE: Weight Training	LESSON NUMBER: 37
INSTRUCTIONAL GOAL (HS.MS.1.2) ☐ I can successfully perform lifts in	n the weight room.
LESSON CONTENT (what is to be taught)	
◆ Proper lifting form□	
INSTRUCTIONAL PROCEDURES	
INSTRUCTIONAL PROCEDURES	
Standard - Students will perform lifts	
Honors – Students will perform lifts while being video taped as	nd evaluated
MATERIALS AND AIDS: Rubric	
IPAD	
COURSE TITLE: Weight Training	LESSON NUMBER: 38

	~~~
INSTRUCTIONAL GOAL (HS.HF.3.2) 1 can successfully perform a strength test in the weight room	
LESSON CONTENT (what is to be taught)	
A Strangly Test (Mar. 1)	
● Strength Test (Max out)	
INSTRUCTIONAL PROCEDURES	
Standard - Students will max out	
Honors – Students will perform a muscular strength (max out) test for each of the primary lifts. Students will chart their result.	ts.
MATERIALS AND AIDS:	***************************************
Portfolio	
Chart	
	-

COURSE	COURSE TITLE: Weight Training LESSON NUMBER: 39		
	- Trought training	LESSON NUMBER: 39	
INSTRUC	CTIONAL GOAL (HS.HF.3.3) ☐ I can successfully set goals.		
•	LESSON CONTENT (what is to be taught)		
	Goal Setting		
<u> </u> i			
INSTRUC	TIONAL PROCEDURES		
•	Standard - Students will lift		
•	Honors – Students will set new goals for each lift to be achieve goals and results.	d by the end of the semester.	Students will keep a log of their

MATERIALS AND AIDS:		
Portfolio		
Paper/Pencil		
Chart		
*1 Page Summary of Module 9		
*Quiz on what was learned		
Quin on what was real near		
NA	Iodule 10 Lesson Plans	
	TOURIE TO LESSON FIAMS	
COURSE TITLE: Weight Training	LESSON NUMBER: 40	
NSTRUCTIONAL GOAL (HS.MS.1.2) ☐ I can succes	ssfully perform lifts in the weight room.	
LESSON CONTENT (what is to be taught)	)	
● Proper lifting form□		
NSTRUCTIONAL PROCEDURES		
		***************************************
Standard - Students will perform lifts		-
Honors – Students will perform lifts while	being video taped and evaluated	
MATERIALS AND AIDS:		
Rubric		
PAD		
		and the same of th
COURSE TITLE: Weight Training	LESSON NUMBER: 41	
Toolar Halling	LEGGUN NUMBER . 41	

INSTRUCTIONAL GOAL (HS.MS.1.3) I can successfully perform lifts in the weight room.
LESSON CONTENT (what is to be taught)
Proper lifting form□
INSTRUCTIONAL PROCEDURES
Standard - Students will perform lifts
<ul> <li>Honors – Students will evaluate and analyze their rubrics and video tape.</li> </ul>
MATERIALS AND AIDS:
Portfolio
Rubric
IPAD
Paper/Pencil

COURS	E TITLE: Weight Training		
000,10	or there . Weight hanning	LESSON NUMBER: 42	
INSTRU	JCTIONAL GOAL (HS.HF.3.2) ☐ I can successfully perform a st	rength test in the weight room.	
•	LESSON CONTENT (what is to be taught)		
	0 10 0		
	Strength Test (Max out)		
INSTRU	CTIONAL PROCEDURES		
	SHOUND THOOLEGENES		
•	Standard - Students will max out		
•	Honors – Students will perform a muscular strength /max out	) toot for each of the mine will be	
	Honors - Students will perform a muscular strength (max out	) lest for each of the primary lifts.	Students will chart their results.

MATERIALS AND AIDS: Portfolio
Chart
COURSE TITLE: Weight Training LESSON NUMBER: 43
INSTRUCTIONAL GOAL (HS.HF.3.4) ☐ I can evaluate my goals.
LESSON CONTENT (what is to be taught)
● Goal Evaluation□
INSTRUCTIONAL PROCEDURES
Standard - Students will max out
<ul> <li>Honors – Students will evaluate their goals. Students will explain why or why not they did or did not meet their goals that were set in module 9.</li> </ul>
MATERIALS AND AIDS: Portfolio
Paper/Pencil

^{*1} Page Summary of Module 10

^{*}Quiz on what was learned

COURSE	TITLE: Weight Training	LESSON NUMBER: 44			
INSTRUC	INSTRUCTIONAL GOAL (HS.MC.2.3) ☐ I can successfully perform more complex lifts in the weight room.				
	LESSON CONTENT (what is to be taught)				
	Complex Lifts				
C					
INSTRUC	CTIONAL PROCEDURES				
	Standard - Students will lift				
	Honors – Students will add more complex movements to the evaluate their performance with rubrics and video tape.	ir workouts, such as front squat and clean and press. Students will			
	•				
MATERIA Portfolio	ALS AND AIDS:				
Rubric					
L					
COURSE	ETITLE: Weight Training	LESSON NUMBER: 45			
INSTRUC	CTIONAL GOAL (HS.MC.2.4) I can successfully breakdown	my performance and develop strategies to help my form.			
•	LESSON CONTENT (what is to be taught)				
•	Complex Lifts				
•	Cues for form⊡				

INCTOUC	CTIONAL PROCEDURES	
INSTRUC	TIONAL PROCEDURES	
	Standard - Students will lift.	
	Standard - Stadents win hit.	
	Honors - Chidante will analyze and breakdown their parties	and the constant of the formation the state of the state
		nance of the complex lifts by watching the video tape and looking at
	the rubric. Students will develop strategies to improve their	lifting technique.
MATERIA Portfolio	ALS AND AIDS:	
Paper		
Computer	r	
dela properties de la constante de la constant		
COLIRSE	TITLE: Weight Training	LESSON NUMBER: 46
000.00	Trible . Word framing	LEGOON ROMBER. 40
INSTRUC	CTIONAL GOAL (HS.HF.3.2) $\Box$ I can successfully perform a s	trength test in the weight room
•	LESSON CONTENT (what is to be taught)	
	Strength Test (Max out)	
	Strength Test (Wax out)	
INSTRUC	TIONAL PROCEDURES	
	Standard - Students will max out	
	Honors - Students will perform a muscular strength /may o	ut) test for each of the primary lifts. Students will chart their results.
	1701013 Olddenio wii periorii a mascalar shengur (max o	test for each of the primary lifts. Students will chart their results.
MATERIA	1.C. AND AIDO	
Portfolio	ALS AND AIDS:	
1		
Chart		
eres properties		
eron eron eron eron eron eron eron eron		

COURSE TITLE: Weight Training	LESSON NUMBER: 47
INSTRUCTIONAL GOAL (HS.HF.3.3) ☐ I can successfully set goals.	
LESSON CONTENT (what is to be taught)	
6 Cool Satting	
Goal Setting	
INSTRUCTIONAL PROCEDURES	
Standard - Students will lift	
<ul> <li>Honors – Students will set goals for new complex lifts to be adgoals and results.</li> </ul>	chieved by the end of the semester. Students will keep a log of their
MATERIALS AND AIDS: Portfolio	
Paper/Pencil	
Chart	

### Module 12 Lesson Plans

COURSE TITLE: Weight Training	LESSON NUMBER: 48
INSTRUCTIONAL GOAL (HS.MS.1.2) ☐I can successfully perform regula	ar and complex lifts in the weight room.
<ul> <li>LESSON CONTENT (what is to be taught)</li> </ul>	
● Proper lifting form□	

^{*}Quiz on what was learned

INSTRUC	CTIONAL PROCEDURES	
	Standard - Students will perform lifts	
	Standard - Stadents will perform mits	
	Honors - Students will perform complex lifts while being video	taped and evaluated
CLOSUR		
Exit Ticke	t: Students will list what they need to work on with the primary I	ifts
MATERIA	LS AND AIDS:	
Rubric		
IPAD		
COURSE	TITLE: Weight Training	LESSON NUMBER: 49
INSTRUC	TIONAL GOAL (HS.MC.2.4) I can successfully breakdown m	v performance.
	•	
	LEGOOD OOLEN THE STATE OF THE S	
•	LESSON CONTENT (what is to be taught)	
	C1 1:0-	
	Complex Lifts	
	Cues for form□	
INSTRUC	TIONAL PROCEDURES	
•	Standard - Students will lift.	
	Honors - Students will analyze and breakdown their performa	nce of the complex lifts by watching the video tape and looking at
	the rubric. Students will write down how their form has improve	red since the previous semester
		as sinds the provides contoctor.
MATERIA	LS AND AIDS:	
Portfolio		
Paper		
Computer		
No.		
Table 1		

COURSE TITLE: Weight Training	LESSON NUMBER: 50
INSTRUCTIONAL GOAL (HS.HF.3.2) I can successfully	perform a strength test in the weight room.
LESSON CONTENT (what is to be taught)	
Strength Test (Max out)	
<ul> <li>Endurance Test □</li> </ul>	
INSTRUCTIONAL PROCEDURES	
Standard - Students will max out	
Honors – Students will perform a muscular strer	ngth (max out) test for each of the complex lifts. Students will chart their results.
MATERIALS AND AIDS: Portfolio	
Chart	

COURSE TITLE: Weight Training	LESSON NUMBER: 51
INSTRUCTIONAL GOAL (HS.HF.3.4) I can evaluate my goals.	
LESSON CONTENT (what is to be taught)	
● Goal Evaluation ☐	

INSTRUC	CHONAL PROCEDURES
W-1000-00-00-00-00-00-00-00-00-00-00-00-0	Standard - Students will max out
**	Honors – Students will evaluate their goals. Students will explain why or why not they did or did not meet their goals that were set in module 11.
MATERIA Portfolio	ALS AND AIDS:
Paper/Pe	encil
A STATE OF THE PARTY OF THE PAR	

### II. Instructional Materials and Methods

#### 1. Rationale

A variety of instructional techniques will be used to develop and interest and understanding of the Honor Weight Training curriculum. These instructional techniques will aid in the mastering of the content.

#### 2. Materials and Methods

#### **Evidence of Appropriate Differentiation of Instructional Practices**

The following instructional practices will be implemented to provide adequate instruction for advanced learners. Among instructional strategies and materials that may help teachers manage differentiation and help students find good learning include, but are not limited to:

#### Evidence of Specific materials used to facilitate differentiated instruction

· Multiple texts/supplemental materials	,	Computer programs	-

^{*5} Page Summary of entire course

^{*}Exam on all 12 Modules

· Student notebooks/portfolios	· Whiteboard
· Weight Room Equipment	· Internet access
· Computer Labs	· IPad/Video Camera
· Overhead projector	

### **Evidence of Instructional Diversity of Teaching Strategies**

· Teacher as facilitator coach and model	· Critical Thinking
· Use of higher level critical thinking skills	· Graduated tasks-and product-rubrics
· Student led learning and research	· Project Based Learning
· Writing across the content areas	· Creative expression of personal understanding
· Integration of other content areas	

## 3. Sample Unit Plans

Modules	Objectives	Activities	Materials	Methods
1-2	HS.MS.1.1, HS.MS.1.2, HS.MS.1.3, HS.HF.3.1, HS.HF.3.2, HS.HF.3.3, HS.HF. 3.4	Charts Definitions Rubric Performance Goal Setting Goal Evaluating Writing Quiz	Computer Lab Weight Room Rubrics Portfolio IPAD	Teacher/Facilitator Student Led Critical Thinking Product Rubrics
3-4	HS.MS.1.2, HS.MS.1.3, HS.MC.2.1, HS.HF.3.2, HS.HF.3.3, HS.HF.3.4	Definitions Rubric Performance Goal Setting Goal Evaluating Writing Quiz	Computer Lab Weight Room Rubrics Portfolio IPAD	Teacher/Facilitator Student Led Critical Thinking Product Rubrics

Modules	Objectives	Activities	Materials	Methods
5-6	HS.MS.1.2, HS.MS.1.3, HS.MS.1.4, HS.MC.2.2, HS.HF.3.2, HS.HF.3.3, HS.HF.3.4	Workout Plan Definitions Rubric Performance Goal Setting Goal Evaluating Writing Quiz	Computer Lab Weight Room Rubrics Portfolio Internet IPAD	Teacher/Facilitator Student Led Critical Thinking Product Rubrics Creative Expression Project Based Cross Curriculum
7-8	HS.MS.1.2, HS.MS.1.3, HS.HF.3.2, HS.HF.3.3, HS.HF.3.4, HS.PR.4.1, HS.PR.4.2, HS.PR.4.3	Injury Prevention Plan Presentation Paper Definitions Rubric Performance Goal Setting Goal Evaluating Quiz	Computer Lab Weight Room Rubrics Portfolio Internet Projector IPAD	Teacher/Facilitator Student Led Critical Thinking Product Rubrics Creative Expression Project Based
9-10	HS.MS.1.2, HS.MS.1.3, HS.HF.3.2, HS.HF.3.3, HS.HF.3.4	Definitions Rubric Performance Goal Setting Goal Evaluating Writing Quiz	Computer Lab Weight Room Rubrics Portfolio IPAD	Teacher/Facilitator Student Led Critical Thinking Product Rubrics
11-12	HS.MS.1.2, HS.MC.2.3, HS.MC.2.4, HS.HF.3.2, HS.HF.3.3, HS.HF.3.4	Breakdown Strategies Definitions Rubric Performance Goal Setting Goal Evaluating Writing Quiz	Computer Lab Weight Room Rubrics Portfolio IPAD	Teacher/Facilitator Student Led Critical Thinking Product Rubrics

#### III. Assessment

#### 1. Rationale

Curriculum assessment in an honors level course will include pre assessments, formative evaluations, and summative evaluations. Summative assessment will include general knowledge, analysis, and evaluation. Formative assessment will evaluate students as learning and understanding are developed throughout the curriculum, such as writing a one page paper after each module. In addition to teacher driven formative assessments, students will be responsible for self and peer assessments to adjust and improve their learning.

#### 2. Assessment Practices

- **Daily Participation Grade** Students will be graded daily by the instructor. Their daily participation grade will be based on dressing out and working out.
- **Pre-assessments** Pre-assessments will be used to evaluate prior strength that students have before beginning each semester. The pre-assessment will help to show where the students strength level is, how much improvement they have made, and help them set new goals, it will also help guide instruction and tailor instruction to meet the needs of the students. The pre-assessment techniques that will be used are listed below:
  - Muscular Strength Test
  - Exit Passes
  - KWL Charts
  - Teacher Observation
  - Teacher Prepared Tests
  - Self-evaluations
  - Peer-evaluations
  - Rubrics
- Formative Assessments- provide information needed to adjust teaching and learning while it is still happening. The formative assessment allows students to check their level of understanding during the learning process. The formative assessment process will help guide teachers in making decisions about future instruction. Formative assessment methods that may be used within an honors classroom can include, but are not limited to:
  - Collaborative Pairs

- Exit Passes
- Student Observations
- Discussions
- Kinesthetic assessments
- Student Record Keeping
- Goal Setting
- Peer/self assessment
- Summative Assessments- are cumulative evaluations used to measure student growth after instruction and are generally given at the end of a unit/course. Students will be assessed at the end of each module by writing a one page paper summarizing what they learned and by taking a quiz at the end of each module. Their strength will be assessed at the end of each module by performing a muscular strength test on the three primary lifts to see if they have met their goals and gotten stronger. They will also be assessed at the end of the course by writing a five page paper about what they learned, their strengths, and their struggles in the course and by taking a final exam. This type of assessment helps to determine whether long term learning goals have been met. Some of the possible summative assessments that may be used within the honors classroom include, but are not limited to:
  - End of unit exams
  - Projects
  - Essays
  - Notebooks
  - Performance Assessments
  - Six Week Exams

### 3. Assessment Samples

### Daily Workout Rubric (Weight Room)

20 Engaged in designed workout throughout entire period. (all lifts)

Work with optimum efficiency to obtain peak physical conditioning.

Demonstrates proper lifting technique at all times.

Demonstrates proper weight room safety techniques at all times.

15 Engaged in designed workout throughout most of the class period. (most lifts)

Works with above average efficiency to obtain peak physical conditioning

Demonstrates proper lifting technique a majority of the times.

Demonstrates proper weight room safety techniques majority of the times.

10 Engaged in designed workout during portions of the class period. (half the lifts)

Works with average efficiency to obtain peak physical conditioning

Demonstrates proper lifting technique sometimes.

Demonstrates proper weight room safety techniques sometimes.

5 Sporadically engaged in designed workout during portions of the class period. (Less than half the lifts)

Works with below average efficiency to obtain peak physical conditioning

Demonstrates proper lifting technique rarely.

Demonstrates proper weight room safety techniques rarely.

0. Never engaged in designed workout during portions of the class period. (didn't dress out or participate at all)

Works with No efficiency to obtain peak physical conditioning

Never demonstrates proper lifting technique.

Never demonstrates proper weight room safety techniques.

#### Peer Evaluation Rubric (circle each cue they perform)

Lift	Cues (each 2 pts)	Points	Comments
Bench	-Hand placement -Hit chest -Heels on floor -Inhale -Exhale		

Lift	Cues (each 2 pts)	Points	Comments
Squat	-Bar on back -Feet shoulder width apart -Chest up -Heels on floor -Legs parallel		
Hang Cleans	-Lift -Hip Drive -Shrug -High Pull -Elbows		

### **KWL Chart**

What I know	What I want to know	What I learned
	,	