

Weightlifting

DATE	TOPIC	STANDARD	RESOURCES	ASSIGNMENT	DIRECTIONS
Week 1	Go Over proper use of equipment Demonstrate Proper technique for upper body and lower body lifts. Go Over Daily Record Sheets	19.A.4 19.C.4a 20.A.4a 20.A.4b 21.A.4a 21.A.4b 21.A.4c		Daily Dress and Participation. Workout sheets filled out.	Dress and participate daily.
Week 2	Weight Room workouts rotating upper and lower body lifting. Cardio Days and Conditioning if weather is nice.	19.A.4 19.C.4a 20.A.4a 20.A.4b 21.A.4a 21.A.4b 21.A.4c		Daily Dress and Participation. Workout sheets filled out.	Dress and participate Daily.
Week 3	Weight Room Workouts Go Over study guides at the end of the unit. Written Test at the end of the unit.	19.A.4 19.C.4a 20.A.4a 20.A.4b 21.A.4a 21.A.4b 21.A.4c	Study Guide	Daily Dress and Participation Workout sheets filled out. End of Unit Test	Dress and participate daily.