

Calendar Based Curriculum Map: Weights and Conditioning

Essential Question	August/September What are the safety rules in the weight room? Why do we stretch? What is proper technique?	October What are the class conduct rules? Why do we stretch? What is proper tech.?	November/December What are the class conduct rules? Why do we stretch? What is proper technique?
Content	Stretching Setups and Pushups Bench Press Incline Press Curls Tricep Ext. Shoulder Shrugs Up-rows 20 min. run	Stretching Setups and Pushups Leg Curls Leg Ext. Calf Raises Leg Raises Squats Dead lifts half mile run	Stretching Setups and Pushups Jumping rope Box jumps Lunges with dumb bells Squat with weight in front Dot jumps Step-ups One mile run
Skills	Each lift has its own muscle group that is being built. Upper body lifts.	Each lift works its own muscle group. This is lower body workout.	Each exercise is designed to work-out certain muscle groups.
Assessments	Each lift has a certain number of reps. Raise your max	Each lift has a certain number of reps. Raise your max	Each lift has a certain number of reps. These exercises are timed
Activities/Resources	Jump ropes Boxes Gym floor Dumb bell weights	Weight Machines Weights and Bar Gym	Jump Rope Boxes Gym floor Dumb Bells