

## 8<sup>th</sup> Grade Block Plan

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Warmup – see bottom of page</p> <p>Discuss weight room rules and vast importance of safety and smart training.</p> <p>Intro bench press and squat. Show proper lifting and spotting technique. Split group in half to work on bench press or squat and work in groups of 2 to 3. Switch lifts when finished.</p> <p>Primary muscles worked on bench press: pectoralis major, triceps, and frontal deltoids / Primary muscles worked on squat: quadriceps, gluteus maximus</p> <p>Students will practice reps with no weight (just the bar) to learn proper form and critique each other. Students will perform 2 sets of 5 to 20 reps for each lift.</p>	<p>Warmup – see bottom of page</p> <p>Intro dead lift and military press. Show proper lifting and spotting technique. Split group in half to work on military press or dead lift and work in groups of 2 to 3. Switch lifts when finished.</p> <p>Primary muscles worked on deadlift: erectors, trapezius, forearm flexors, quadriceps, gluteus maximus Primary muscles worked on military press: deltoids, trapezius, triceps</p> <p>Students will practice reps with no weight (just the bar) to learn proper form and critique each other. Students will perform 2 sets of 5 to 20 reps for each lift.</p>	<p>Warmup – see bottom of page</p> <p>Intro skull crusher and bicep curl. Show proper lifting and spotting technique. Split group in half to work on bicep curl or skull crushers and work in groups of 2 or 3. Switch lifts when finished.</p> <p>Primary muscles worked on bicep curl: biceps Primary muscles worked on skull crusher: triceps</p> <p>Students will practice reps with no weight (just the bar) to learn proper form and critique each other. Students will perform 2 sets of 5 to 20 reps for each lift.</p>	<p>Review 4 critical points for all 6 lifts.</p> <p>Students will work individually on the 4 critical points lifting worksheet to demonstrate knowledge of safe lifting technique.</p> <p>Warmup – see bottom of page</p> <p>Cardiovascular work: jog 1 mile</p> <p>Abdominal work: 50 crunches</p>	<p>Warmup – see bottom of page</p> <p>Review Day Go over critical points worksheets and review all key points for all 6 lifts.</p> <p>Review weight room rules and safety concerns, stress technique.</p> <p>Break students up into 6 groups (1 for each lift) and have them perform 2 practice sets each with a light weight they can handle for 10-20 reps. Again, focusing on form, safe spotting, and the critical points. When all group members are finished they will rotate to the next lifting station.</p> <p>*This first week is designed to drill proper technique into students brains so they can lift smart and safe in the future.</p>

<b>Week 2 Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>Warmup – see bottom of page</p> <p>Split group in half to work on bench press or squat and work in groups of 2 to 3.</p> <p>Students perform 2 sets of 10 reps, with a weight they can safely handle, on each lift within their groups.</p> <p>Switch lifts when finished with all sets.</p>	<p>Warmup – see bottom of page</p> <p>Cardiovascular work: jog 1 mile / 200 jumps on jump rope</p> <p>Abdominal work: 50 crunches</p>	<p>Warmup – see bottom of page</p> <p>Split group in half to work on military press or dead lift and work in groups of 2 to 3.</p> <p>Students perform 2 sets of 10 reps, with a weight they can safely handle, on each lift within their groups.</p> <p>Switch lifts when finished with all sets.</p>	<p>Warmup – see bottom of page</p> <p>Cardiovascular work: jog 1 mile / 200 jumps on jump rope</p> <p>Abdominal work: 50 crunches</p>	<p>Warmup – see bottom of page</p> <p>Split group in half to work on bicep curl or skull crushers and work in groups of 2 or 3.</p> <p>Students perform 2 sets of 10 reps, with a weight they can safely handle, on each lift within their groups.</p> <p>Switch lifts when finished with all sets.</p>