

INSTRUCTIONAL OBJECTIVES

8th Grade

Psychomotor:

- *Bench Press*

(TA Style)

P1. The student will demonstrate the bench press, (utilizing the four most critical points), touching the bar to the chest, 4 out of 5 times.

P2. The student will demonstrate proper TA form on the bench press on 8 out of 10 reps per/set, complying with the 4 most critical points, 2 out of 2 times.

- *Parallel Squat*

P3. The student will demonstrate the squat, utilizing the four most critical points, reaching a parallel position with the upper thighs, 4 out of 5 times.

P4. The student will demonstrate proper TA form on the squat, performing 8 out of 10 reps, complying with the 4 most critical points, on 2 out of 2 sets.

- *Dead Lift*

P5. The student will demonstrate the dead lift, utilizing the four most critical points, reaching a full upright locked-out position, 4 out of 5 times.

P6. The student will demonstrate proper TA form on the dead lift, performing 8 out of 10 reps complying with the 4 most critical points, on two out of two sets.

- *Seated Military Press*

P7. The student will demonstrate the military press, (TA style), reaching the top of his ears with the bar, 4 out of 5 times.

P8. The student will demonstrate proper TA form on the military press, performing 8 out of 10 reps complying with the 4 most critical points, on 2 out of 2 sets.

- *Bicep Curl*

P9. The student will demonstrate the bicep curl, utilizing the four most critical points, 4 out of 5 times.

P10. The student will demonstrate proper TA form on the bicep curl, performing 2 sets of 10 reps, 8 out of 10 reps for each set must comply with the 4 most critical points.

- *Lying Triceps Extension (Skull Crusher)*

P11. The student will demonstrate the bench press, utilizing the four most critical points, 4 out of 5 times.

P12. The student will demonstrate proper TA form on the bench press, performing 2 sets of 10 reps, 8 out of 10 reps for each set must comply with the 4 most critical points.

Cognitive:

- *Bench Press*

C1. Four out of five students will demonstrate proper knowledge of technique and lifting form for the bench press, by listing the 4 critical points on a worksheet and achieving a score of 100% (4 out of 4).

- *Parallel Squat*

C2. Four out of five students will demonstrate proper knowledge of technique and lifting form for the squat, by listing the 4 critical points on a worksheet and achieving a score of 100% (4 out of 4).

- *Dead Lift*

C3. Four out of five students will demonstrate proper knowledge of technique and lifting form for the dead lift, by listing the 4 critical points on a worksheet and achieving a score of 100% (4 out of 4).

- *Seated Military Press*

C4. Four out of five students will demonstrate proper knowledge of technique and lifting form for the military press, by listing the 4 critical points on a worksheet and achieving a score of 100% (4 out of 4).

- *Bicep Curl*

C5. Four out of five students will demonstrate proper knowledge of technique and lifting form for the bicep curl, by listing the 4 critical points on a worksheet and achieving a score of 100% (4 out of 4).

- *Lying Triceps Extension (Skull Crusher)*

C6. Four out of five students will demonstrate proper knowledge of technique and lifting form for the skull crusher, by listing the 4 critical points on a worksheet and achieving a score of 100% (4 out of 4).

Personal-Social:

PS1. The student will demonstrate cooperation (spotting, motivating) while working with a partner on lifts 95% of the time.

PS2. The student will demonstrate best effort by keeping a positive attitude and staying on task 95% of the time.

PS3. The student will demonstrate responsibility and safety awareness by returning weights to proper place when finished using them 100% of the time.

