

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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>Warmup – see bottom of page</p> <p>Review weight room rules and vast importance of safety and smart training.</p> <p>Go over how to use log sheet and properly record their workout. (Sets, reps, weight, exercise)</p> <p>Review key points of all 6 lifts (bench press, squat, dead lift, military press, bicep curl, skull crushers)</p> <p>Discuss 12 major muscle groups: pecs, traps, deltoids, biceps, triceps, quads, hamstrings, abs, obliques, calves, lats, glutes – see wt handout</p>	<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. Switch lifts when finished.</p> <p>Discuss muscles worked: pectoralis major, triceps, and frontal deltoids / Primary muscles worked on squat: quadriceps, gluteus maximus</p> <p>Have students work on pyramiding sets (3 sets consisting of 10, 8, 6 reps, increasing the weight each set.)</p>	<p>Warmup – see bottom of page</p> <p>Split group in half to work on dead lift or military press and work in groups of 2 to 3. Switch lifts when finished.</p> <p>Discuss muscles worked: erectors, trapezius, forearm flexors, quadriceps, gluteus maximus Primary muscles worked on military press: deltoids, trapezius, triceps</p> <p>Have students work on pyramiding sets (3 sets consisting of 10, 8, 6 reps, increasing the weight each set.)</p>	<p>Warmup – see bottom of page</p> <p>Split group in half to work on bicep curl or skull crusher and work in groups of 2 to 3. Switch lifts when finished.</p> <p>Discuss muscles worked: biceps and triceps</p> <p>Have students work on pyramiding sets (3 sets consisting of 10, 8, 6 reps, increasing the weight each set.)</p>	<p>Warmup – see bottom of page</p> <p>Oral quiz and review the 12 major muscle groups. Teacher will point at muscle, students will identify and name exercises that can be done to train that muscle.</p> <p>Cardiovascular work: jog 1 ½ miles</p> <p>Abdominal work: 100 crunches</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 up into groups of 3 and allow students to work on any combination of the 6 lifts taught.</p> <p>Design own group workout and log all of sets, reps, weight, and lifts performed.</p>	<p>Warmup – see bottom of page</p> <p>Cardiovascular work: 2 quarter miles (or any sprint work)</p> <p>Review 12 major muscle groups.</p> <p>Discuss and go over key terms: frequency, duration, intensity, concentric, eccentric,</p>	<p>Warmup – see bottom of page</p> <p>Split up into groups of 3 and allow students to work on any combination of the 6 lifts taught.</p> <p>Design own group workout and log all of sets, reps, weight, and lifts performed.</p>	<p>Warmup – see bottom of page</p> <p>Cardiovascular work: 2 quarter miles (or any sprint work)</p> <p>Discuss and go over key terms: overload, hypertrophy, atrophy, peak contraction</p>	<p>Warmup – see bottom of page</p> <p>Split up into groups of 3 and allow students to work on any combination of the 6 lifts taught.</p> <p>Design own group workout and log all of sets, reps, weight, and lifts performed.</p>

<b>Week 3 Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>Warmup – see bottom of page</p> <p>Work in groups of 3, assigned last week, on the bench press and squat. Group members are working to achieve a new 1 rep max on each lift, using proper TA form.</p>	<p>Warmup – see bottom of page</p> <p>Students will work on assessment sheet in which they design a 2 week workout plan that includes lifts we've covered, with set, rep, and weight schemes as well as cardio and rest days.</p> <p>Fill in a sport of your choice to break up the weight room routine or fill in another cardiovascular workout</p>	<p>Warmup – see bottom of page</p> <p>Work in groups of 3, assigned last week, on the dead lift and military press. Group members are working to achieve a new 1 rep max on each lift, using proper TA form.</p>	<p>Warmup – see bottom of page</p> <p>Students will finish workout schedule assessment sheet. Go over as a class then turn in.</p> <p>Fill in a sport of your choice to break up the weight room routine or fill in another cardiovascular workout</p>	<p>Warmup – see bottom of page</p> <p>Work in groups of 3, assigned last week, on the bicep curl and skull crusher. Group members are working to achieve a new 1 rep max on each lift, using proper TA form.</p>

**Daily Warm Up:**

Jog 2 laps

Circle Stretch: Pick a new student everyday to lead the stretch routine.

Stretch - hamstrings, hip flexors, quads, adductors, triceps, shoulders, lower back, shoulder rotations and finish with 20 jumping jacks. Utilize whatever routine works with your students as long as it gets all major muscle groups and joints thoroughly warmed up.