

INSTRUCTIONAL OBJECTIVES

9th Grade

Psychomotor:

- *Bench Press*

P1. The students will demonstrate proper TA form on the bench press while working within a pyramiding set and rep scheme (1st set 10 reps \ 2nd set 8 reps \ 3rd set 6 reps - raising the weight each set by 5 – 20 pounds) and 100% of the reps within each set must comply with the 4 most critical points.

P2. The students will properly work on the bench press within their own group devised lifting routine, manipulating sets and reps to increase strength and 2 out of 3 students must improve strength totals (1 rep max).

- *Parallel Squat*

P3. The students will demonstrate proper TA form on the squat while working within a pyramiding set and rep scheme (1st set 10 reps \ 2nd set 8 reps \ 3rd set 6 reps - raising the weight each set by 5 – 20 pounds) and 100% of the reps within each set must comply with the 4 most critical points.

P4. The students will properly work on the squat within their own group devised lifting routine, manipulating sets and reps to increase strength and 2 out of 3 students must improve strength totals (1 rep max).

- *Dead Lift*

P5. The students will demonstrate proper TA form on the dead lift while working within a pyramiding set and rep scheme (1st set 10 reps \ 2nd set 8 reps \ 3rd set 6 reps - raising the weight each set by 5 – 20 pounds) and 100% of the reps within each set must comply with the 4 most critical points.

P6. The students will properly work on the dead lift within their own group devised lifting routine, manipulating sets and reps to increase strength and 2 out of 3 students must improve strength totals (1 rep max).

- *Seated Military Press*

P7. The students will demonstrate proper TA form on the military press while working within a pyramiding set and rep scheme (1st set 10 reps \ 2nd set 8 reps \ 3rd set 6 reps - raising the weight each set by 5 – 20 pounds) and 100% of the reps within each set must comply with the 4 most critical points.

P8. The students will properly work on the military press within their own group devised lifting routine, manipulating sets and reps to increase strength and 2 out of 3 students must improve strength totals (1 rep max).

- *Bicep Curl*

P9. The students will demonstrate proper TA form on the bicep curl while working within a pyramiding set and rep scheme (1st set 10 reps \ 2nd set 8 reps \ 3rd set 6 reps - raising the weight each set by 5 – 20 pounds) and 100% of the reps within each set must comply with the 4 most critical points.

P10. The students will properly work on the bicep curl within their own group devised lifting routine, manipulating sets and reps to increase strength and 2 out of 3 students must improve strength totals (1 rep max).

- *Lying Triceps Extension (Skull Crusher)*

P11. The students will demonstrate proper TA form on the skull crusher while working within a pyramiding set and rep scheme (1st set 10 reps \ 2nd set 8 reps \ 3rd set 6 reps - raising the weight each set by 5 – 20 pounds) and 100% of the reps within each set must comply with the 4 most critical points.

P12. The students will properly work on the skull crusher within their own group devised lifting routine, manipulating sets and reps to increase strength and 2 out of 3 students must improve strength totals (1 rep max).

Cognitive:

- *Bench Press*

C1. The students will demonstrate a proper understanding of how to perform the bench press by having 4 out of 5 students, verbalize the 4 critical points when randomly called upon.

- *Parallel Squat*

C2. The students will demonstrate a proper understanding of how to perform the squat by having 4 out of 5 students, verbalize the 4 critical points when randomly called upon.

- *Dead Lift*

C3. The students will demonstrate a proper understanding of how to perform the dead lift by having 4 out of 5 students, verbalize the 4 critical points when randomly called upon.

- *Seated Military Press*

C4. The students will demonstrate a proper understanding of how to perform the military press by having 4 out of 5 students, verbalize the 4 critical points when randomly called upon.

- *Bicep Curl*

C5. The students will demonstrate a proper understanding of how to perform the bicep curl by having 4 out of 5 students, verbalize the 4 critical points when randomly called upon.

- *Lying Triceps Extension (Skull Crusher)*

C6. The students will demonstrate a proper understanding of how to perform the skull crusher by having 4 out of 5 students, verbalize the 4 critical points when randomly called upon.

C7. The students will demonstrate proper knowledge of how to track their progress by accurately and honestly logging sets, reps, weight, and name of lift 100% of the time.

C8. The students will demonstrate a proper knowledge of the names and location of the 12 major muscle groups by having 4 out of 5 students verbalize the correct name when the instructor points to the muscle.

C9. The students will demonstrate a proper knowledge of weight training by correctly designing a 2 week workout plan based on their personal goals, scheduling at least 3 out of 5 days with weight training lifts we have learned.

Personal-Social

PS1. The student will demonstrate teamwork and cooperation by working effectively within a group of 3 safely spotting, assisting, and motivating 95% of the time.

PS2. The student will demonstrate compassion and understanding that everyone is at a different level and will positively reinforce throughout the workouts 95% of the time.

PS3. The student will demonstrate best effort by displaying a solid, self-sufficient work ethic 95% of the time.

PS4. The student will demonstrate responsibility by putting all weights away and sanitizing equipment when finished 100% of the time.