

WEIGHT TRAINING SPRING SEMESTER SCHEDULE

WEEK 1 (Introductory Phase) (January 22-25)

INTRODUCTION: Seven Questions

- **What are we learning today?** How to have a successful year in this weight training class.
- **How will I know I have learned it?** I can discuss what the expectations are for this weight training class.

INTRODUCTION: Rituals & Routines

- **What are we learning today?** How this class functions on a daily basis.
- **How will I know I have learned it?** I can discuss the classroom routines for this weight training class.

INTRODUCTION: 21st Century Skills & Learning (Tools in Technology) and Lockers

- **What are we learning today?** How to use a variety of technology tools in this PE class.
- **How will I know I have learned it?** I can demonstrate the proper use of technology for this PE class.
- **Pre-Test Due this coming Sunday @ 11:59pm**

WEEK 2 (Introductory Phase) (January 28-February 1)

FITNESS TEST: Supine Row

- **What are we learning today?** How to properly do the supine row test and explain its purpose.
- **How will I know I have learned it?** I can demonstrate the proper technique of the supine row. I can describe what health-related fitness component is being assessed by the supine row test. I can describe what muscular endurance is and how to improve it.
- **Quizlet: "Health-Related Fitness Components"**

FITNESS TEST: Mile Run

- **What are we learning today?** How to properly do the mile run test and explain its purpose.
- **How will I know I have learned it?** I can demonstrate the proper technique of the mile run. I can describe what health-related fitness component is being assessed by the mile run test. I can describe what cardiovascular endurance is and how to improve it.

FITNESS TEST: Push-ups

- **What are we learning today?** How to properly do the push-up test and explain its purpose.
- **How will I know I have learned it?** I can demonstrate the proper technique of a push-up. I can describe what health-related fitness component is being assessed by the push-up test. I can describe what muscular strength is and how to improve it.

FITNESS TEST: Sit-ups

- **What are we learning today?** How to properly do the sit-up test and explain its purpose.
- **How will I know I have learned it?** I can demonstrate the proper technique of a sit-up. I can describe what health-related fitness component is being assessed by the sit-up test. I can describe what muscular endurance is and how to improve it.

FITNESS TEST: Sit-&-Reach and Measurements

- **What are we learning today?** How to properly do the sit-&-reach test and explain its purpose.
- **How will I know I have learned it?** I can demonstrate the proper technique of the sit-&-reach. I can describe what health-related fitness component is being assessed by the sit-&-reach test. I can describe what flexibility is and how to improve it. I can describe what body composition is and how to improve it.

WEEK 3 (Introductory Phase) (February 4-8)

+ Introduction to the Squat

- **What are we learning today?** How can I assess my supine row and push up test results?
- **How will I know I have learned it?** I can assess my supine row and push-up test results and determine my strengths & weaknesses.
- **Quizlet:** *"Assessing Fitness"*

+ Speed, Agility & Quickness Workout

- **What are we learning today?** How can I assess my mile run test results?
- **How will I know I have learned it?** I can assess my mile run test results and determine my strengths & weaknesses.

+ Introduction to the Bench

- **What are we learning today?** How can I assess my sit-up test results?
- **How will I know I have learned it?** I can assess my sit-up test results and determine my strengths & weaknesses.

+ Cardio & Core Workout

- **What are we learning today?** How can I assess my body composition results?
- **How will I know I have learned it?** I can assess my body composition and determine my strengths & weaknesses.

+ Introduction to the Hang Clean

- **What are we learning today?** How can I assess my sit-&-reach test results?
- **How will I know I have learned it?** I can assess my sit-&-reach test results and determine my strengths & weaknesses.

WEEK 4 (Introductory Phase) (February 11-15)

+ Back Squat Assessment & Strength Test

- **What are we learning today?** How to make a goal specific.
- **How will I know I have learned it?** I can write a specific goal.
- **Quizlet:** *"S.M.A.R.T. Goals"*

+ Speed, Agility & Quickness Workout

- **What are we learning today?** How to make a goal measurable.
- **How will I know I have learned it?** I can write a measurable goal.

+ Bench Press Assessment & Strength Test

- **What are we learning today?** How to make a goal achievable and ambitious.
- **How will I know I have learned it?** I can write an achievable and ambitious goal.

+ Cardio & Core Workout

- **What are we learning today?** How to make a goal relevant.
- **How will I know I have learned it?** I can write a relevant goal.

+ Hang Clean Assessment & Strength Test

- **What are we learning today?** How to make a goal timely.
- **How will I know I have learned it?** I can write a timely goal.

WEEK 5 (Base Phase) (February 18-22)

+ Base Phase – Week 1 - Day 1 Workout

- **What are we learning today?** What is reaction?
- **How will I know I have learned it?** I can describe what speed and reaction is and how to improve it.
- **Quizlet:** *"Skill-Related Fitness Components"*

✚ **Speed, Agility & Quickness Workout**

- **What are we learning today?** What is power?
- **How will I know I have learned it?** I can describe what power is and how to improve it.

✚ **Base Phase – Week 1 - Day 2 Workout**

- **What are we learning today?** What is agility?
- **How will I know I have learned it?** I can discuss the rules & skills used in Flag Football. I can describe what agility is and how to improve it.

✚ **Cardio & Core Workout**

- **What are we learning today?** What is balance?
- **How will I know I have learned it?** I can describe what balance is and how to improve it.

✚ **Base Phase – Week 1 - Day 3 Workout**

- **What are we learning today?** What is coordination?
- **How will I know I have learned it?** I can describe what coordination is and how to improve it.
- **Unit 1 Online Assessment - Due this coming Sunday @ 11:59pm**

WEEK 6 (Base Phase) (February 25-March 1)

✚ **Base Phase – Week 2 - Day 1 Workout**

- **What are we learning today?** What is “frequency” as it relates to the F.I.T.T. principle?
- **How will I know I have learned it?** I can describe what “frequency” is as it relates to the F.I.T.T. principle.
- **Quizlet: “F.I.T.T. Principle”**

✚ **Speed, Agility & Quickness Workout**

- **What are we learning today?** What is “intensity” as it relates to the F.I.T.T. principle?
- **How will I know I have learned it?** I can describe what “intensity” is as it relates to the F.I.T.T. principle.
- **Base Phase – Week 2 - Day 2 Workout**
- **What are we learning today?** What is the Borg Rating of Perceived Exertion?
- **How will I know I have learned it?** I can describe what the Borg Rating of Perceived Exertion is and how to use it.

✚ **Cardio & Core Workout**

- **What are we learning today?** What is “time” as it relates to the F.I.T.T. principle?
- **How will I know I have learned it?** I can describe what “time” is as it relates to the F.I.T.T. principle.

✚ **Base Phase – Week 2 - Day 3 Workout**

- **What are we learning today?** What is “type” as it relates to the F.I.T.T. principle?
- **How will I know I have learned it?** I can describe what “type” is as it relates to the F.I.T.T. principle.

WEEK 7 (Base Phase) (March 4-8)

✚ **Base Phase – Week 3 - Day 1 Workout**

- **What are we learning today?** What is heart rate and how does it work?
- **How will I know I have learned it?** I can explain what heart rate is and how it works.
- **Quizlet: “Healthy Heart”**

✚ **Speed, Agility & Quickness Workout**

- **What are we learning today?** What is blood pressure and how does it work?
- **How will I know I have learned it?** I can explain what blood pressure is and how it works.

✚ **Base Phase – Week 3 - Day 2 Workout**

- **What are we learning today?** How to use heart rate in your training.
- **How will I know I have learned it?** I can explain how to use heart rate in my training, utilizing the different training zones.

✚ Cardio & Core Workout

- What are we learning today? How to perform hands-only CPR?
- How will I know I have learned it? I can perform hands-only CPR.

✚ Base Phase – Week 3 - Day 3 Workout

- What are we learning today? How to use an AED properly?
- How will I know I have learned it? I can use an AED properly.

WEEK 8 (Base Phase) (March 11-15)

✚ Base Phase – Week 4 - Day 1 Workout

- What are we learning today? How to move more and limit screen time.
- How will I know I have learned it? I can provide examples of how to move more and how to limit screen time.
- Quizlet: "Healthy Habits"

✚ Speed, Agility & Quickness Workout

- What are we learning today? How to incorporate healthy foods and drinks into your life.
- How will I know I have learned it? I can discuss ways to incorporate healthy foods and drinks into my life.

✚ Base Phase – Week 4 - Day 2 Workout

- What are we learning today? How hydration and dehydration can affect the body.
- How will I know I have learned it? I can demonstrate how to properly hydrate, preventing dehydration.

✚ Cardio & Core Workout

- What are we learning today? How to incorporate more sleep into your life.
- How will I know I have learned it? I can incorporate more sleep into my life.

✚ Base Phase – Week 4 - Day 3 Workout

- What are we learning today? How to be positive about food and body image.
- How will I know I have learned it? I can discuss ways to be positive about food and body image.

WEEK 9 (Developmental Phase) (March 18-22)

✚ FITNESS TEST: Supine Row

- What are we learning today? What are the primary muscles involved in the supine row?
- How will I know I have learned it? I can describe what muscles are involved in the supine row.
- Quizlet: "Fitness Test #2"

✚ FITNESS TEST: Mile Run

- What are we learning today? Known to many as "*the most important muscle in the body*" what is the muscle that is involved in the mile run?
- How will I know I have learned it? I can describe what "*the most important muscle in the body*" is that is involved in the mile run.

✚ FITNESS TEST: Push-ups

- What are we learning today? What are the primary muscles involved in push-ups?
- How will I know I have learned it? I can describe what muscles are involved in push-ups.

✚ FITNESS TEST: Sit-ups

- What are we learning today? What are the primary muscles involved in sit-ups?
- How will I know I have learned it? I can describe what muscles are involved in sit-ups.

✚ FITNESS TEST: Sit-&-Reach and Measurements

- What are we learning today? What are the primary muscles involved in the sit-&-reach?
- How will I know I have learned it? I can describe what muscles are involved in the sit-&-reach.
- Unit 2 Online Assessment - Due this coming Sunday @ 11:59pm

WEEK 10 (Developmental Phase) (March 25-29)

Developmental Phase – Week 2 - Day 1 Workout

- **What are we learning today?** What is the importance of body weight and body fat percent?
- **How will I know I have learned it?** I can discuss my ideal weight and what a healthy body fat percent should be.
- **Quizlet:** *“Maintaining a Healthy Weight”*

Speed, Agility & Quickness Workout

- **What are we learning today?** What are calories?
- **How will I know I have learned it?** I can explain how calories can be used to either gain weight or lose weight.

Developmental Phase – Week 2 - Day 2 Workout

- **What are we learning today?** What is BMI?
- **How will I know I have learned it?** I can determine whether I am at a healthy weight based on my BMI.

Cardio & Core Workout

- **What are we learning today?** What are the risks of a sedentary lifestyle?
- **How will I know I have learned it?** I can identify risks of a sedentary lifestyle.

Developmental Phase – Week 2 - Day 3 Workout

- **What are we learning today?** What conditions are linked to being overweight or obese?
- **How will I know I have learned it?** I can identify different conditions that can be linked to being overweight and/or obese.

WEEK 11 (Developmental Phase) (April 1-5)

Developmental Phase – Week 3 - Day 1 Workout

- **What are we learning today?** What are the physical benefits of exercise?
- **How will I know I have learned it?** I can identify some physical benefits of exercise.
- **Quizlet:** *“Benefits of Exercise”*

Speed, Agility & Quickness Workout

- **What are we learning today?** What are the mental benefits of exercise?
- **How will I know I have learned it?** I can identify some mental benefits of exercise.

Developmental Phase – Week 3 - Day 2 Workout

- **What are we learning today?** What chemicals are released by the body during exercise?
- **How will I know I have learned it?** I can identify some of the different chemicals released by the body during exercise and explain their positive impact on my health.

Cardio & Core Workout

- **What are we learning today?** What are the social benefits of exercise?
- **How will I know I have learned it?** I can identify some social benefits of exercise.

Developmental Phase – Week 3 - Day 3 Workout

- **What are we learning today?** How are relationships and friendships important?
- **How will I know I have learned it?** I can explain the importance of good relationships and friendships.

WEEK 12 (Developmental Phase) (April 8-12)

Developmental Phase – Week 4 - Day 1 Workout

- **What are we learning today?** What is substance abuse?
- **How will I know I have learned it?** I can explain the differences between substance abuse and addiction.
- **Quizlet:** *“Alcohol, Tobacco, Vaping & Other Drugs”*

✚ Speed, Agility & Quickness Workout

- **What are we learning today?** How can being drug-free benefit you?
- **How will I know I have learned it?** I can discuss the benefits of being drug-free.

✚ Developmental Phase – Week 4 - Day 2 Workout

- **What are we learning today?** What are some of the dangers of alcohol, tobacco, vaping and other drugs?
- **How will I know I have learned it?** I can list some of the dangers of alcohol, tobacco, vaping and other drugs.

✚ Cardio & Core Workout

- **What are we learning today?** How is drug dependence harmful to teens?
- **How will I know I have learned it?** I can explain how drug dependence works.

✚ Developmental Phase – Week 4 - Day 3 Workout

- **What are we learning today?** What are performance-enhancing drugs (PED's)?
- **How will I know I have learned it?** I can list some of the dangers of performance-enhancing drugs (PED's).

WEEK 13 (Peak Phase) (April 15-19)

✚ Peak Phase – Week 1 - Day 1 Workout

- **What are we learning today??** What is Peer Pressure?
- **How will I know I have learned it?** I can identify different types of peer pressure and how they can influence me.
- **Quizlet: "Peer Pressure"**

✚ Speed, Agility & Quickness Workout

- **What are we learning today?** What is positive and negative peer pressure?
- **How will I know I have learned it?** I can differentiate between positive and negative peer pressure.

✚ Peak Phase – Week 1 - Day 2 Workout

- **What are we learning today?** What refusal skills are available for me?
- **How will I know I have learned it?** I can identify some refusal skills that may be useful for me.

✚ Cardio & Core Workout

- **What are we learning today?** What does it mean to be assertive?
- **How will I know I have learned it?** I can describe what it means to be assertive.

✚ Peak Phase – Week 1 - Day 3 Workout

- **What are we learning today?** How to make good decisions?
- **How will I know I have learned it?** I can use the decision-making process to help make the best decision for me.
- **Unit 3 Online Assessment - Due this coming Sunday @ 11:59pm**

WEEK 14 (Peak Phase) (April 22-26)

✚ Peak Phase – Week 2 - Day 1 Workout

- **What are we learning today?** How physical activities you enjoy can help you with your fitness plan.
- **How will I know I have learned it?** I can identify five physical activities that I enjoy.
- **Quizlet: "Creating a Personal Fitness Plan"**

✚ Speed, Agility & Quickness Workout

- **What are we learning today?** How the fitness- or sports-related equipment or resources available to you can help you with your fitness plan.
- **How will I know I have learned it?** I can compare my list of fitness- or sports-related equipment or resources with my list of enjoyable activities and connect them for potential matches.

✚ Peak Phase – Week 2 - Day 2 Workout

- **What are we learning today?** What would you like to accomplish in terms of your physical fitness?

- **How will I know I have learned it?** I can identify three things that I would like to accomplish in terms of my physical fitness.

✚ **Cardio & Core Workout**

- **What are we learning today?** How can you address all aspects of fitness (cardiorespiratory endurance, muscular endurance, muscular strength, flexibility & body composition) to develop your fitness plan?
- **How will I know I have learned it?** I can address all aspects of fitness (cardiorespiratory endurance, muscular endurance, muscular strength, flexibility and body composition) to develop my fitness plan.

✚ **Peak Phase – Week 2 - Day 2 Workout**

- **What are we learning today?** How can you address all aspects of the F.I.T.T. principle to develop your fitness plan?
- **How will I know I have learned it?** I can address all aspects of the F.I.T.T. principle to develop my fitness plan.

WEEK 15 (Peak Phase) (April 29-May 3)

✚ **Peak Phase – Week 3 - Day 1 Workout**

- **What are we learning today?** How can you add each particular fitness component in your daily schedule?
- **How will I know I have learned it?** I can make physical fitness a priority in my daily scheduling by adding each particular fitness component into my daily schedule, just as I would any other appointment.
- **Quizlet: "Creating a Personal Fitness Plan"**

✚ **Speed, Agility & Quickness Workout**

- **What are we learning today?** What tools are available to assist you with your fitness plan?
- **How will I know I have learned it?** I can identify tools which can assist me with my fitness plan.

✚ **Peak Phase – Week 3 - Day 2 Workout**

- **What are we learning today?** How can you prepare for unforeseen circumstances that may affect your fitness plan?
- **How will I know I have learned it?** I can plan for obstacles that may interfere with my fitness plan and identify alternatives.

✚ **Cardio & Core Workout**

- **What are we learning today?** How can you "take action" and get started with your fitness plan?
- **How will I know I have learned it?** I can "take action" and follow through with the plan I set for myself.

✚ **Peak Phase – Week 3 - Day 3 Workout**

- **What are we learning today?** How can you effectively reevaluate your fitness plan on a regular basis?
- **How will I know I have learned it?** I can reevaluate my fitness plan and make the necessary changes to help me be successful.

WEEK 16 (Peak Phase) (May 6-10)

✚ **FITNESS TEST: Supine Row**

- **What are we learning today?** What are some benefits of training for the supine row?
- **How will I know I have learned it?** I can describe some benefits of training for the supine row?
- **Quizlet: "Fitness Test #3"**

✚ **FITNESS TEST: Mile Run**

- **What are we learning today?** What are some benefits of training for the mile run?
- **How will I know I have learned it?** I can describe some benefits of training for the mile run?

✚ **FITNESS TEST: Push-ups**

- **What are we learning today?** What are some benefits of training for the push-ups test?
- **How will I know I have learned it?** I can describe some benefits of training for the push-up test.

✚ **FITNESS TEST: Sit-ups**

- **What are we learning today?** What are some benefits of training for the sit-ups test?

- How will I know I have learned it? I can describe some benefits of training for the sit-ups test?

✚ FITNESS TEST: Sit-&-Reach and Measurements

- What are we learning today? What are some benefits of training for the sit-&-reach?
- How will I know I have learned it? I can describe some benefits of training for the sit-&-reach test.

WEEK 17 (Peak Phase) (May 13-17)

✚ Peak Phase – Week 5 - Day 1 Workout

- What are we learning today? What are some signs & symptoms of sudden illnesses such as asthma, allergic reactions, diabetic emergencies, seizures, fainting and strokes?
- How will I know I have learned it? I can identify some signs & symptoms of sudden illnesses such as asthma, allergic reactions, diabetic emergencies, seizures, fainting and strokes and provide basic first aid and/or get help.
- Quizlet: "First Aid & Safety"

✚ Speed, Agility & Quickness Workout

- What are we learning today? What are some traumatic injuries that you may encounter?
- How will I know I have learned it? I can identify some of the most common traumatic injuries.

✚ Peak Phase – Week 5 - Day 2 Workout

- What are we learning today? How can you treat a person with a traumatic injury?
- How will I know I have learned it? I can provide some basic first aid and/or get help for a person with a traumatic injury.

✚ Cardio & Core Workout

- What are we learning today? What are some environmental injuries & illnesses that you may encounter?
- How will I know I have learned it? I can identify some of the most common environmental injuries & illnesses.

✚ Peak Phase – Week 5 - Day 3 Workout

- What are we learning today? How can you treat a person with an environmental injury and/or illness?
- How will I know I have learned it? I can provide some basic first aid and/or get help for a person with an environmental injury and/or illness.
- Unit 4 Online Assessment - Due this coming Sunday @ 11:59pm

WEEK 18 (Final Exam) (May 20-24)

✚ GAME DAY / REVIEW DAY / MAKE-UP DAY

✚ FINAL EXAM – PERIODS 3-6-4

✚ FINAL EXAM – PERIODS 1-2-5

✚ FINAL EXAM – PERIODS 7-8

Schedule subject to change due to any unforeseen circumstances! For more information and the most up-to-date schedule go to my webpage located at: www.CoachHendry.com