## Standard 1: Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

*Within the context of **Weight Training 1** students will:*

1.1 Demonstrate proper form in lifting machines and free weights.
1.2 Demonstrate static versus dynamic flexibility.
1.3 Demonstrate isolation training versus integrated movement training.
1.4 Perform a variety of calisthenics, ballistic, static exercises technically correctly such as push-ups, deep squat, burpees, and plank.

## Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

*Within the context of **Weight Training 1** students will:*

2.1 Demonstrate knowledge of primary/secondary muscle groups
2.2 Acquire and use basic weight training terminology - agonist, antagonist, concentric vs. eccentric, hypertrophy, atrophy.
2.3 Understand basic principles of pyramid sets, supersets, compound movements, training plateau.
2.4 Understand basic concepts in muscle physiology.
2.5 Know how to use cardio machines and heart rate monitors.
2.6 Understand the value of heart rate monitor use for lifelong fitness.
2.7 Understand what muscles are worked by what equipment.
2.8 Understand the value of spotting in relation to fitness improvement and partner safety.
2.9 Recognize different program objectives - strength, endurance, cardiovascular, flexibility.

## Standard 3: Participate regularly in physical activity.

*Students will:*

3.1 Willingly participate in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.
3.2 Accumulate a recommended number of minutes of moderate to vigorous physical activity outside of physical education class on five or more days during the week.
3.3 Create individual work out plan appropriate to individual fitness objectives.
### Standard 4: Achieve and maintain a health-enhancing level of physical fitness.

**Students will:**

- 4.1 Develop a personal fitness profile on the basis of fitness assessment results.
- 4.2 Meet the age- and gender-specific health-related fitness standards defined by Fitnessgram.

### Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Students will:**

- 5.1 Demonstrate the 5 SAS core values (respect, responsibility, compassion, honesty, fairness) in cooperative and competitive games/activities.
- 5.2 Show leadership by peer-coaching others in class in small groups.
- 5.3 Show support and encouragement to all levels of skill and/or experience.
- 5.4 Exercise safety in Weight Training room - lifting safely, spotting responsibly.

### Standard 6: Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

**Students will:**

- 6.1 Identify and reflect on reasons for choosing to participate in selected activities such as health enjoyment, challenge, self-expression, social interaction.
- 6.2 Develop positive and healthy relationships with other students in class.