Singapore American School  
High School Physical Education Curriculum: Weight Training 2

**Standard 1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities

*Within the context of Weight Training 2 students will:*

1.1 Demonstrate practical knowledge of the various training methods utilized in class and implement them into own regimen - pyramiding, split routines, push pull, intervals, Olympic lifting.

1.2 Assess progress of training regimen through feedback from various sources such as personal training log, heart rate monitors, lean muscle mass device, comparing and contrasting original goals.

**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 2 students will:*

2.1 Understand theory of neuromuscular system.

2.2 Discuss pyramiding, push, pull, split routines, intervals, Olympic lifting methods in a concise, but comprehensive manner.

2.3 Describe the role of the various body systems as they relate to specific individual training.

2.4 Discuss individual program in terms of resources utilized to attain personal goals i.e. weight loss, strength, endurance, power, flexibility, agility and cardiovascular fitness.

**Standard 3:** Participates 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:** Achieves and maintains a health-enhancing level of physical fitness.

*Students will:*

1. Develop a personal fitness profile on the basis of fitness assessment results.
2. Meet the age- and gender-specific health-related fitness standards defined by Fitness gram.

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

*Students will:*

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

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

*Students will:*

1. Identify and reflect on reasons for choosing to participate in selected activities. (i.e. Health enjoyment, challenge, self-expression, social interaction.
2. Develop positive and healthy relationships with other students in class.