

Carrollton Exempted Village School District – Carrollton, Ohio
OHIO COMMON CORE STATE STANDARDS

Curriculum Map

Course Title: Boys and Girls Weight Training	Semester: 1	Academic Year: 2013-2014
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Essential Questions for this Semester:

- 1. Why is Physical Fitness Important?**
- 2. What lifts and techniques are essential to physical growth?**
- 3. How do you develop skills to create a workout program for life-long learning?**

Month/Week	Curriculum Objectives	Instructional Strategies	Assessments	Resources
Week 1 5 days	Weight Training Orientation & Team Building <ul style="list-style-type: none"> The students will organize their time to be prepared for class, dressed out and following class procedures. 100% of the time. The student will develop a positive acquaintance with fellow students through participation in team building activities. 90 – 100% of the time. The student will work cooperatively on group tasks. 100% of the time. 	Day 1: Group Orientation, class syllabus, parent contact sheet Day 2: Locker Room Procedures Day 3: Goal Sheets Day 4: Safety Procedures Day 5: Weight Training 101	Observation of correct participation in group activities, positive social interactions, and class procedures being followed.	Weight Training Syllabus Physical Education in the Secondary School (Pangrazi)
Week 2 5 days	Machine Technique & Safety <ul style="list-style-type: none"> The student will understand basic weightlifting terms, repetitions, sets, spotter, maximum lift The students are able to explain & demonstrate correct/safe technique with 80 – 100% accuracy. The student will increase their muscular strength and cardiovascular endurance by being active during fitness 100% of the time. The student will be able to work independently to complete a workout. 	Day 1: Free weight Orientation Day 2: Continue Free Weight Instruction Day 3: Machine Orientation and Safety Day 4: Continue Machine Instruction Day 5: Free lifting time to become acquainted with equipment.	Observation of students performing fitness activity continuously and using correct technique. Observation of students following directions correctly for max lift evaluation.	Fitness Weight Training (Baechle & Earle)

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Week 3 5 days	<ul style="list-style-type: none"> The students are able to explain & demonstrate correct/safe technique with 80 – 100% accuracy. The student will increase their muscular strength and cardiovascular endurance by being active during fitness 100% of the time. The student will be able to work independently & cooperatively with a partner. 100% of the time The student will understand basic terms: correct breathing, pacing, dumbbells, circuit training, target heart rate, cardiovascular endurance with 80 – 100% accuracy 	<p>Day 1: Dumbbell Instruction</p> <p>Day 2: Teach Max Phase, Strength Phase, and Power Phase</p> <p>Day 3: Proper technique on Power lifts; Clean, Push-Press, and Squat</p> <p>Day 4: Teach eating habits and techniques for losing and gaining weight (mass)</p> <p>Day 5: Teach Maximal Strength Phase Calendar and how to use max charts.</p>	<p>Observation of students performing fitness activity continuously and using correct technique on machines and with dumbbells.</p> <p>Observation students working cooperatively with partner and following directions.</p>	<p>Fitness Weight Training (Baechle & Earle)</p> <p>The Ohio State University Workout Book</p> <p>Carrollton High School Weight Training Workout Book</p>
Week 4 4 days	<ul style="list-style-type: none"> The students are able to explain & demonstrate correct/safe technique with 80 – 100% accuracy. The student will increase their muscular strength and cardiovascular endurance by being active during fitness 100% of the time. The student will be able to work independently & cooperatively with a partner or group. 100% of the time. The student will be able to evaluate their heart rate while involved in the circuit training activity. 	<p>Day1: Maximal Phase Workout</p> <p>Day 2: Arizona State Plate Workout</p> <p>Day 3: Maximal Phase Workout</p> <p>Day 4: Insanity Cardio DVD</p> <p>Day 5: Maximal Phase Workout</p>	<p>Observation of students performing fitness activity continuously and using correct technique on machines.</p> <p>Observation of students working cooperatively and using Group Set Cards correctly.</p>	<p>Maximal Phase Workout Calendar</p> <p>Beach-Body Insanity Cardio DVD</p> <p>Carrollton High School Weight Training Workout Book</p>

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Week 5 5 days	<ul style="list-style-type: none"> The students are able to explain & demonstrate correct/safe technique with 80 – 100% accuracy. The student will increase their muscular strength and cardiovascular endurance by being active during fitness 100% of the time. The student will be able to work independently and pace themselves. 100% of the time. The student will be able to demonstrate correct technique while rotating through their workout card. 	Day1: Maximal Phase Workout Day 2: Arizona State Plate Workout Day 3: Maximal Phase Workout Day 4: Insanity Cardio DVD Day 5: Maximal Phase Workout	Observation of students performing fitness activity continuously and using correct technique on machines. Observation of students using workout cards correctly.	Maximal Phase Workout Calendar Beach-Body Insanity Cardio DVD Carrollton High School Weight Training Workout Book
Week 6 5 days	<ul style="list-style-type: none"> The students are able to explain & demonstrate correct/safe technique with 80 – 100% accuracy. The student will increase their muscular strength and cardiovascular endurance by being active during fitness 100% of the time. The student will be able to work independently and pace themselves. 100% of the time. The student will be able to demonstrate correct technique while rotating through their workout card. 	Day1: Maximal Phase Workout Day 2: Arizona State Plate Workout Day 3: Maximal Phase Workout Day 4: Insanity Cardio DVD Day 5: Maximal Phase Workout	Observation of students performing fitness activity continuously and using correct technique on machines. Observation of students using workout cards correctly.	Maximal Phase Workout Calendar Beach-Body Insanity Cardio DVD Carrollton High School Weight Training Workout Book

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Week 7 5 days	<ul style="list-style-type: none"> The students are able to explain & demonstrate correct/safe technique with 80 – 100% accuracy. The student will increase their muscular strength and cardiovascular endurance by being active during fitness 100% of the time. The student will be able to work independently and pace themselves. 100% of the time. The student will be able to demonstrate correct technique while rotating through their workout card. 	Day1: Maximal Phase Workout Day 2: Arizona State Plate Workout Day 3: Maximal Phase Workout Day 4: Insanity Cardio DVD Day 5: Maximal Phase Workout	Observation of students performing fitness activity continuously and using correct technique on machines. Observation of students using workout cards correctly.	Maximal Phase Workout Calendar Beach-Body Insanity Cardio DVD Carrollton High School Weight Training Workout Book
Week 8 5 days	<ul style="list-style-type: none"> The students are able to explain & demonstrate correct/safe technique with 80 – 100% accuracy. The student will increase their muscular strength and cardiovascular endurance by being active during fitness 100% of the time. The student will be able to work independently and pace themselves. 100% of the time. The student will be able to demonstrate correct technique while rotating through their workout card. 	Day1: Maximal Phase Workout Day 2: Arizona State Plate Workout Day 3: Maximal Phase Workout Day 4: Insanity Cardio DVD Day 5: Maximal Phase Workout	Observation of students performing fitness activity continuously and using correct technique on machines. Maximum Lift Card Evaluation looking for strength improvement.	Maximal Phase Workout Calendar Beach-Body Insanity Cardio DVD Carrollton High School Weight Training Workout Book

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<p>Week 9</p> <p>5 days</p>	<ul style="list-style-type: none"> The student will increase their muscular strength and cardiovascular endurance by being active during fitness 100% of the time. The student will be able to work independently and pace themselves. 100% of the time. The student will be able to demonstrate correct technique while evaluating themselves on their max lift cards. The student will demonstrate the ability of perform basic tumbling stunts with 80-100% accuracy. The students will work cooperatively to perform pyramids with 80-100% success. 	<p>Day 1: Max Bench</p> <p>Day 2: Max Squat</p> <p>Day 3: Max Clean</p> <p>Day 4: Max Push-Press</p> <p>Day 5: Make-up Day and Retry Max Day</p>	<p>Students will turn in a completed personal workout card.</p> <p>Observation of students actively involved in warm-up activities & workouts</p>	<p>Carrollton High School Weight Training Workout Book</p>
<p>Week 10</p> <p>5 days</p>	<ul style="list-style-type: none"> The students are able to explain & demonstrate correct/safe technique with 80 – 100% accuracy. The student will increase their muscular strength and cardiovascular endurance by being active during fitness 100% of the time. The student will be able to work independently and pace themselves. 100% of the time. The student will be able to demonstrate correct technique while rotating through their workout card. 	<p>Day 1: Basic Strength Phase Workout</p> <p>Day 2: Arizona State Plate Workout</p> <p>Day 3: Basic Strength Phase Workout</p> <p>Day 4: Insanity Cardio DVD</p> <p>Day 5: Basic Strength Phase Workout</p>	<p>Observation of students working out with personal workout cards.</p> <p>Observation of students continuously active.</p>	<p>Carrollton High School Weight Training Workout Book</p> <p>Beach-Body Insanity Cardio DVD</p> <p>Arizona State Circuit Training Workout</p>

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<p>Week 11</p> <p>5 days</p>	<ul style="list-style-type: none"> The students are able to explain & demonstrate correct/safe technique with 80 – 100% accuracy. The student will increase their muscular strength and cardiovascular endurance by being active during fitness 100% of the time. The student will be able to work independently and pace themselves. 100% of the time. The student will be able to demonstrate correct technique while rotating through their workout card. 	<p>Day 1: Basic Strength Phase Workout</p> <p>Day 2: Arizona State Plate Workout</p> <p>Day 3: Basic Strength Phase Workout</p> <p>Day 4: Insanity Cardio DVD</p> <p>Day 5: Basic Strength Phase Workout</p>	<p>Observation of students working out with personal workout cards.</p> <p>Observation of students continuously active.</p>	<p>Carrollton High School Weight Training Workout Book</p> <p>Beach-Body Insanity Cardio DVD</p> <p>Arizona State Circuit Training Workout</p>
<p>Week 12</p> <p>5 days</p>	<ul style="list-style-type: none"> The students are able to explain & demonstrate correct/safe technique with 80 – 100% accuracy. The student will increase their muscular strength and cardiovascular endurance by being active during fitness 100% of the time. The student will be able to work independently and pace themselves. 100% of the time. The student will be able to demonstrate correct technique while rotating through their workout card. 	<p>Observation of students working out with personal workout cards.</p> <p>Observation of students continuously active.</p>	<p>Day 1: Basic Strength Phase Workout</p> <p>Day 2: Arizona State Plate Workout</p> <p>Day 3: Basic Strength Phase Workout</p> <p>Day 4: Insanity Cardio DVD</p> <p>Day 5: Basic Strength Phase Workout</p>	<p>Carrollton High School Weight Training Workout Book</p> <p>Beach-Body Insanity Cardio DVD</p> <p>Arizona State Circuit Training Workout</p>

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Week 13 5 days	<ul style="list-style-type: none"> The students are able to explain & demonstrate correct/safe technique with 80 – 100% accuracy. The student will increase their muscular strength and cardiovascular endurance by being active during fitness 100% of the time. The student will be able to work independently and pace themselves. 100% of the time. The student will be able to demonstrate correct technique while rotating through their workout card. 	Observation of students working out with personal workout cards. Observation of students continuously active.	Day 1: Basic Strength Phase Workout Day 2: Arizona State Plate Workout Day 3: Basic Strength Phase Workout Day 4: Insanity Cardio DVD Day 5: Basic Strength Phase Workout	Carrollton High School Weight Training Workout Book Beach-Body Insanity Cardio DVD Arizona State Circuit Training Workout
Week 14 5 days	<ul style="list-style-type: none"> The students are able to explain & demonstrate correct/safe technique with 80 – 100% accuracy. The student will increase their muscular strength and cardiovascular endurance by being active during fitness 100% of the time. The student will be able to work independently and pace themselves. 100% of the time. The student will be able to demonstrate correct technique while rotating through their workout card. 	Observation of students working out with personal workout cards. Observation of students continuously active.	Day 1: Power Strength Phase Workout Day 2: Circuit Training Day 3: Power Strength Phase Workout Day 4: Plyometric Training Day 5: Power Strength Phase Workout	Carrollton High School Weight Training Workout Book Beach-Body Insanity Cardio DVD Arizona State Circuit Training Workout

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Week 15 5 days	<ul style="list-style-type: none"> The students are able to explain & demonstrate correct/safe technique with 80 – 100% accuracy. The student will increase their muscular strength and cardiovascular endurance by being active during fitness 100% of the time. The student will be able to work independently and pace themselves. 100% of the time. The student will be able to demonstrate correct technique while rotating through their workout card. 	Observation of students working out with personal workout cards. Observation of students continuously active.	Day 1: Power Strength Phase Workout Day 2: Circuit Training Day 3: Power Strength Phase Workout Day 4: Plyometric Training Day 5: Power Strength Phase Workout	Carrollton High School Weight Training Workout Book Beach-Body Insanity Cardio DVD Arizona State Circuit Training Workout
Week 16 5 days	<ul style="list-style-type: none"> The students are able to explain & demonstrate correct/safe technique with 80 – 100% accuracy. The student will increase their muscular strength and cardiovascular endurance by being active during fitness 100% of the time. The student will be able to work independently and pace themselves. 100% of the time. The student will be able to demonstrate correct technique while rotating through their workout card. 	Observation of students working out with personal workout cards. Observation of students continuously active.	Day 1: Power Strength Phase Workout Day 2: Circuit Training Day 3: Power Strength Phase Workout Day 4: Plyometric Training Day 5: Power Strength Phase Workout	Carrollton High School Weight Training Workout Book Beach-Body Insanity Cardio DVD Arizona State Circuit Training Workout

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Week 17 5 days	<ul style="list-style-type: none"> • The students are able to explain & demonstrate correct/safe technique with 80 – 100% accuracy. • The student will increase their muscular strength and cardiovascular endurance by being active during fitness 100% of the time. • The student will be able to work independently and pace themselves. 100% of the time. • The student will be able to demonstrate correct technique while rotating through their workout card. 	<p>Observation of students working out with personal workout cards.</p> <p>Observation of students continuously active.</p>	Day 1: Power Strength Phase Workout Day 2: Circuit Training Day 3: Power Strength Phase Workout Day 4: Plyometric Training Day 5: Power Strength Phase Workout	Carrollton High School Weight Training Workout Book Beach-Body Insanity Cardio DVD Arizona State Circuit Training Workout
Week 18 5 days	<p>Muscle Identification</p> <ul style="list-style-type: none"> • The student will demonstrate increased motivation because they are now doing the workout they have created. • The student will demonstrate an increasing fitness level as they workout. • The student will increase their cardiovascular endurance by being active during fitness 100% of the time. • The student will be able to identify the main muscles of the human body with 80% accuracy. • The student will demonstrate knowledge of their assigned muscle by creating a complete accurate presentation. • The student will work cooperatively with their partner 100% of the time. 	<p>Observation of students performing fitness activity continuously and using correct technique on machines.</p> <p>Maximum Lift Card Final Evaluation looking for strength improvement.</p>	Day 1: Max Bench Day 2: Max Squat Day 3: Max Clean Day 4: Max Push-Press Day 5: Make-up Day and Retry Max Day	Fitness Weight Training (Baechle & Earle) Carrollton High School Weight Training Workout Book