

WGSD Curriculum  
Physical Education

**Course: Weight Training**  
**Grade Level: 9-12**  
**LG 1 Sportsmanship**

**High Priority Standards**

**National Standards for K-12 Physical Education**

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4:** The physically literate individual exhibits responsible personal social behavior that respects self and others.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

| <b>Learning Goal</b>  | <b>Proficiency Scale</b>   |
|---|--|
| Students will understand the personal and social responsibility of sportsmanship. | Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal.<br><br>Level 3: Student demonstrates mastery with the learning goal as evidenced by: <ul style="list-style-type: none"><li>• Leading members of a small group while performing weight training exercises.</li><li>• Exhibiting mastery and progression as it relates to performing weight training exercises.</li></ul><br>Level 2: Student demonstrates he/she is nearing proficiency by: <ul style="list-style-type: none"><li>• Recognizing and recalling specific vocabulary, such as: fitness, weight control and heart rate, lunges, flexibility, overload, cardiovascular exercise, sportsmanship, peer teaching, team leadership, competition, social behavior.</li><li>• Performing processes such as:</li></ul> |

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- Following the instructor's direction in a safe manner when using the equipment.

Level 1: Student demonstrates a limited understanding or skill with the learning goal.

**Learning Targets**

**Students Know How To:**

- Cooperate with each other and encourage positive attitudes in the weight room.
- Apply peer teaching techniques to assist other students at different skill levels.
- Comprehend a variety of strength training programs to use as lifetime fitness activities.
- Explain the importance regular physical activity in relation to personal health.

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**LG 2 Practice**

**High Priority Standards**

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**Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

**Learning Goal**

Students will understand the benefits of daily exercise.

**Proficiency Scale**

Level 3: Student demonstrates mastery with the learning goal as evidenced by:

- Developing an individual workout to best suit physical fitness needs.
- Performing weight training exercises with attention to form and technique, such as bench press, squats, incline press and bicep curls.

Level 2: Student demonstrates he/she is nearing proficiency by:

- Recognizing and recalling specific vocabulary, such as: set, repetition, load, resistance, warmup, flexibility, bench press, squat, incline press and bicep curls.
- Performing processes such as:
  - Using the equipment in the training room safely.

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**Learning Targets**

**Students Know How To:**

- Assist others in their group to perform to the best of their ability.
- Progress in a positive manner as it pertains to the workload given them by their instructor.

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**Course: Weight Training**

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**LG 3 Muscle Groups**

**High Priority Standards**

**National Standards for K-12 Physical Education**

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to performance and movement.

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4:** The physically literate individual exhibits responsible personal social behavior that respects self and others.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

**Learning Goal**

Students will understand the function and characteristics of major muscle groups.

**Proficiency Scale**

Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal.

Level 3: Student demonstrates mastery with the learning goal as evidenced by:

- Applying knowledge of muscle groups and muscle functions to exercise and daily functions.

Level 2: Student demonstrates he/she is nearing proficiency by:

- Recognizing and recalling specific vocabulary, such as: quadriceps, hamstrings, pectorals, biceps and triceps.
- Performing processes such as:
  - Identifying the major muscle groups.

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- Performing strength training exercises.

Level 1: Student demonstrates a limited understanding or skill with the learning goal.

**Learning Targets**

**Students Know How To:**

- Perform strength training exercises to develop and improve the major muscle groups.
- Assist other students within their group as it pertains to the major muscle groups.
- Explain the importance of developing the major muscle groups.