

# Ganado Unified School District

## Weights

*PACING Guide SY 2014-2015*

Timeline & Resources	AZ Standard	Essential Questions	Learning Goal	Vocabulary
<p><b>1<sup>st</sup> Quarter</b></p> <p><b>(5 weeks)</b></p> <p><a href="http://WWW.teachfitness.com">WWW.teachfitness.com</a></p> <p>Pictures</p> <p>Video presentation</p>	<p>STANDARD # 1 Demonstrate competency in motor skills and movement patterns needed to perform a variety of Physical activities</p> <p>Concept 2. PO 1 Design and perform a variety of rhythmic activities that combine refinement of specialized skills.</p>	<p>What are the different Elements Of rhythmic Activities?</p> <p>What are rhythmic skills?</p> <p>What Rhythmic Skills will I choose?</p> <p>How do I perform it in class?</p> <p>Why is endurance important to total body fitness?</p> <p>What are different types of low resistance exercise?</p>	<p>I will identify different rhythmic activities.</p> <p>I will perform examples of rhythmic activities.</p>	<p>Aerobics</p> <p>Non – Stop Physical Activities with cardio</p> <p>Miles</p> <p>Endurance</p> <p>Resistance</p> <p>Isokinetic</p> <p>Respiration</p> <p>Power</p> <p>Proprioceptive neuromuscular facilitation (PNF stretch)</p> <p>Static Contraction</p> <p>Sub maximum</p> <p>Supination</p>
	<p>Concept 3. PO 1 Demonstrate competency (basic skills, strategies and rules) in an increasing number of complex versions of at least three different movements.</p>	<p>How does movement, muscle stretching, doing sit-ups, push-ups and pull-ups increase body strength and overall health?</p>	<p>I will learn four basic lifts a day with competency until done correctly</p>	<p>Lift</p> <p>Muscles</p> <p>Dynamic stretching</p> <p>Power</p> <p>Clean</p> <p>Posture</p>

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				<p>Tension</p> <p>Balance</p> <p>Spotting</p> <p>Radial pulls</p> <p>Resistance</p>
<p>Concept 3 PO 2 When engaged in peer teaching, adequately apply knowledge apply knowledge about skills to reinforce or correct ones own performance.</p>	<p>How can people protect themselves sore muscles or injury from over exercising?</p> <p>Why do we have to be responsible for our own behavior?</p>	<p>I will understand that spotting is an important part of lifting process.</p> <p>I will demonstrate correct spotting correctly.</p>	<p>Weight room safety</p> <p>Routines</p> <p>Energy</p> <p>Cardiovascular</p> <p>Antagonist</p> <p>Target heart rate</p>	
<p>Concept 3 PO 3 Evaluate the critical elements of a skill.</p>	<p>What are acceptable behaviors during Weight Lifting?</p> <p>Give examples of acceptable behaviors and unacceptable behaviors in Weight Class?</p> <p>Why is personal space important when performing any type of routine exercise in the weight room?</p>	<p>I will list down correct procedure of lifting techniques.</p>	<p>Clean</p> <p>Hang</p> <p>Squat</p> <p>Thrust</p> <p>Push</p> <p>Pull</p> <p>Ballistic Movement</p>	
<p>Concept 3 PO 4 Compare and contrast the strengths and weaknesses of highly skilled performances.</p>	<p>Why should every student what id the differences between strength and weakness to highly skilled performances.</p> <p>List down answers using your compare and contrast worksheet.</p>	<p>Analyze the strengths and weaknesses of the following highly skilled performances:</p> <ol style="list-style-type: none"> <li>1. Squats</li> <li>2. Plyometric</li> <li>3. Thrust</li> </ol>	<p>Squats</p> <p>Plyometric</p> <p>Thrust</p> <p>Ballistic movement</p> <p>Expiration</p>	


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	<p>Concept 3 PO 5 Apply discipline specific information to individual performance.</p>	<p>Why is discipline essential in weight training?</p> <p>How do I discipline myself?</p> <p>Why do I need to know the danger of the environment in the weight room?</p>	<p>I will learn to cooperate and respect other students in dangerous environment.</p>	<p>Discipline Performance Safety Rules First Aid</p>
	<p>Concept 3 PO 6 Demonstrate the biochemical concepts and principle of a skill/set of skills.</p>	<p>What is weight training?</p> <p>How do I perform weight Training?</p>	<p>I will perform some compression force activities like squats and bench presses as well as tension force activities like arm curl.</p>	<p>Biochemical Concepts Skills Nutrition Tension force Compression force</p>
	<p>Concept 3 PO 7 Use coaching information to improve performance.</p>	<p>How can strength be improved throughout the body?</p> <p>Why are different types of programs important in strength training?</p> <p>Why are the components of the F.I.T. principle important in Muscle strength?</p>	<p>I will list down different techniques in performing strength training.</p> <p>I will apply techniques in circuit training activity.</p>	<p>Circuit training Techniques Strength training</p>
	<p>Concept 3 PO 8 Design a plan for self improvement of a specific movement skill</p>	<p>What will you focus in your calendar improvement chart? Why?</p> <p>List it down.</p>	<p>I will make focus calendar (Improvement charts)</p>	<p>Maximum endurance Schedules Time management</p>
<p>2<sup>nd</sup> Quarter (5 WEEKS) <a href="http://WWW.FIT">WWW.FIT</a></p>	<p>STANDARD # 2</p> <p>Concept 1 PO 1 Research and critique highly skilled performance</p>	<p>Why is flexibility important?</p> <p>How do I develop flexibility?</p>	<p>I will describe techniques for the following lifts:</p> <p>1.military press</p>	<p>Trapezius Latisimuss Dorsi Biceps</p>

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<p><a href="#">NESS</a> program.com Fitness charts Modeling</p>	<p>or performances.</p>		<p>2. bench press 3. Leg press 4. Curl ups 5. Pull down 6. upright rows 7. seated rows leg curl</p>	<p>Quadriceps Glutenues maximus Tibias Anterior Gastronomes Soleus</p>
	<p>Concept 1 PO 2 Incorporate the principles of biomechanics and kinesiology to the personal fitness.</p>	<p>What is the difference between compound exercise and Isolated exercise? (Compare and contrast)</p>	<p>I will understand the compound exercise as well as isolated exercise.</p>	<p>Concentric contraction Isolated movements</p>
	<p>Concept 2 PO 1 Explain and apply the principles of training.</p>	<p>How do I apply circuit -training activity in my daily activities?</p> <p>What is circuit training? What are the different aerobic intensity fundamentals?</p> <p>Will you apply it? Why?</p>	<p>I will learn and apply the circuit training activity.</p> <p>I will learn and apply the aerobic intensity fundamentals.</p>	<p>Aerobic frequency Aerobic duration Repetition Resistance</p>
	<p>Concept 2 PO 3 Identify and explain how different physical activities contribute to specific health related and or skill – related physical fitness.</p>	<p>What are the different types of flexibility regiments?</p> <p>Why is full R.O.M. or range of movement important?</p>	<p>I will identify the following exercises</p> <ol style="list-style-type: none"> <li>1. Isometric</li> <li>2. Isokinetic</li> <li>3. Aerobic</li> <li>4. Non- aerobic</li> </ol>	<p>Aerobic Volume Duration Repetition velocity Tempo – training Eccentric Concentric</p>
	<p>Concept 2 PO 4 Demonstrate knowledge of physiological changes that result from physical activity participation.</p>	<p>What is the difference between muscular strength and endurance?</p> <p>How do I increase my muscular strength and endurance?</p>	<p>I will identify concepts that contribute to metabolism.</p> <p>I will list down physiological changes in my</p>	<p>Physiological changes Muscle percentage Body mass Muscle mass Nutrition</p>



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			body as a result for the physical activity participation in weight class.	Muscle enhancer
Concept 2 PO 5 Design a personal fitness program that	<ol style="list-style-type: none"> <li>1. Will lead to or maintain an acceptable level of health – related fitness</li> <li>2. Is based on an understanding of training principles individual skill levels and availability of resources.</li> </ol> <p>The plan will include: write program goal, design program, follow program monitor and adjust program.</p>	<p>What are nutrients?</p> <p>What are the daily nutritional requirements?</p> <p>How will proper nutrition affect my level of Wellness?</p> <p>How do you recognize and address eating disorders?</p>	<ol style="list-style-type: none"> <li>1. I will plan aerobic training program.</li> <li>2. I will design strength training chart</li> <li>3. I will list down nutrition alternatives.</li> </ol>	<p>Aerobic training</p> <p>Nutrition alternatives</p> <p>Hypertrophy</p> <p>Hyperplasia</p> <p>Atrophy</p>
Concept 2 PO 7 Identify and describe products that enhance or prohibit the levels of physical activity.		<p>What strategies assist in making healthy food and drink choices?</p>	<p>I will identify the list down the nutritional values of a foods/products like:</p> <ol style="list-style-type: none"> <li>1. Proteins</li> <li>2. Total fat</li> <li>3. Cholesterol</li> <li>4. Sodium</li> <li>5. Body mass</li> </ol>	<p>Metabolism</p> <p>Cholesterol</p> <p>Bone density</p> <p>Bone density</p> <p>Cardiac functions</p> <p>Fat consumptions</p> <p>Protein consumptions</p> <p>Joint function</p> <p>Skeletal muscles</p> <p>Muscular contraction</p>
Concept 2 PO 9 Identify Strategies or prevention and or care of injuries		<p>How do you do correct spotting procedure?</p>	<p>I will demonstrate correct spotting procedures.</p>	<p>Circuit training</p> <p>Intensity</p>

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	that occur during physical activity.	<p>Why is correct spotting important?</p> <p>What are different safety weight room procedures?</p> <p>Why is it important to learn?</p>	I will list down and understand the concepts of weight room safety procedures.	<p>Volume</p> <p>Periodization</p> <p>Methods</p> <p>Equipment</p> <p>Safety</p> <p>Tear down and heal concept</p>
	Concept 2 PO 8 Identify consumer issues related to selection, purchase, care maintenance of personal fitness equipment.	<p>How does knowledge of the purpose and care of equipment help create responsible physical education participants?</p> <p>What are the qualities of the following Physical equipment? Do you think it can it your physical training activities? Why?</p> <ol style="list-style-type: none"> <li>1. Tread mill</li> <li>2. Stationary bike</li> <li>3. Leg press</li> <li>4. Medicine balls</li> <li>5. Mats</li> </ol>	<p>I will review and list down the pros and cons of purchasing fitness equipment.</p> <p>I will understand the certain qualities of different physical equipment like:</p> <ol style="list-style-type: none"> <li>6. Tread mill</li> <li>7. Stationary bike</li> <li>8. Leg press</li> <li>9. Medicine balls</li> <li>10. Mats</li> </ol>	<p>Purchasing</p> <p>Equipment</p> <p>Safety</p> <p>Fitness</p> <p>Productivity</p> <p>Skill level</p>
	Concept 3 PO 1 Apply and evaluate appropriate practice procedures and plans aimed at developing/improving technical motor skills and movement patterns correctly	<p>What does the following movement patterns does to your muscle?</p> <p>Name the muscle and why?</p> <p>Bench</p> <p>Military</p> <p>Throw over</p> <p>Skull crusher</p>	<p>I will summarize and demonstrate the steps in the following movements patterns. (Oral /modeling)</p> <ol style="list-style-type: none"> <li>1. Bench</li> <li>2. Military</li> <li>3. Throw over</li> <li>4. Skull crusher</li> </ol>	<p>Circuit training</p> <p>Aerobic training</p> <p>Isometric training</p> <p>Isokinetic training</p> <p>Plyometric activity</p> <p>Strength activity</p>

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		<p>Curl ups Pull downs Upright rows Seated rows Squats Leg curl Leg press Aerobic</p>	<p>5. Curl ups 6. Pull downs 7. Upright rows 8. Seated rows 9. Squats 10. Leg curl 11. Leg press 12. Aerobic</p>	
	<p>Concept 3 PO 2 Create and evaluate a new game that incorporates at least two motor skills rules strategies tactics and can be played fairly by all students including those with disabilities.</p>	<p>Why is important to have a safe environment before starting a game?  Why should the game be safe?  Why does the game you choose have to have boundaries?  What is the importance of having rules for creative games or any game?</p>	<p>I will design and play new games like:</p> <ol style="list-style-type: none"> <li>1. Bench rep. game</li> <li>2. Jump rope endurance game</li> <li>3. Push –up game</li> <li>4. Obstacle course</li> </ol>	<p>Safety Evaluate Tactics Orthopedically Handicapped</p>
	<p>Concept 3 PO3 Demonstrate and critique at least two games that involved in modified game played.</p>	<p>Why is cooperation important in games and in life?  What is the purpose for rules of play in athletic or competitive sports?  How do class rules and team rules help make competitive sports and individual sports more enjoyable  What does good sportsmanship look like?</p>	<p>I will list and analyzed rules for modified games.  I will model / play games with modified rules.</p> <ol style="list-style-type: none"> <li>1. Modified circuit training</li> <li>2. Modified pull up games</li> </ol>	<p>Progressive Resistance Lateral Fatigue Tension</p>
	<p>Concept 3 PO 4 Select examples of</p>	<p>How does cooperation in games impact the</p>	<p>I will list strategies how to</p>	<p>Tactics</p>

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	tactics used in a game that leads to successful play.	final outcome?	win in a game.	Rules
<p><b>3<sup>rd</sup> Quarter</b> <b>(4 weeks)</b></p> <p>YouTube <a href="http://www.weightexercise.com">www.weightexercise.com</a></p> <p>Video clip presentation Weight chart</p>	<p>Standard 3</p> <p>Concept 1 PO 1 Participate in instructionally- appropriate moderate to vigorous physical activity for at least 50% of structured physical education class.</p>	<p>How do you perform the following weight room training?</p> <p>What benefit does it give to your body?</p> <ol style="list-style-type: none"> <li>1. Aerobic training</li> <li>2. Circuit training</li> <li>3. Anaerobic training</li> <li>4. Endurance activity</li> <li>5. Power lifting</li> <li>6. Body building</li> </ol>	<p>I will perform the following structured weight room training activities</p> <ol style="list-style-type: none"> <li>1. Aerobic training</li> <li>2. Circuit training</li> <li>3. Anaerobic training</li> <li>4. Endurance activity</li> <li>5. Power lifting</li> <li>6. Body building</li> </ol>	<p>Muscle overload</p> <p>Form</p> <p>Repetitions</p> <p>Sets</p> <p>tempo</p> <p>Rows</p> <p>Pull downs</p> <p>Buddy reps.</p>
	<p>Concept 1 PO2 Engaged in balance of health and skill related activities during structured physical education classes</p>	<p>Why is nutrition concepts related to weight training goal?</p>	<p>I will identify nutrition concepts related weight-training goal and be engaged.</p>	<p>Protein</p> <p>Cholesterol</p> <p>Fat</p> <p>Diet</p>
	<p>Concept 1 PO 3 Participate in a variety of physical activities appropriate for maintaining or enhancing a healthy active lifestyle.</p>	<p>How do I maintain an overall level of fitness?</p>	<p>I will engaged in weight room activities such as:</p> <ol style="list-style-type: none"> <li>1. Aerobic training</li> <li>2. Circuit training</li> <li>3. Strength training</li> </ol>	<p>Tempo</p> <p>Endurance</p> <p>Cardio vascular exercise</p> <p>Aerobic fitness</p> <p>Anaerobic fitness</p>
<p>Concept 2 PO 1 Demonstrate an active lifestyle through documentation of daily activities.</p>	<p>Did my overall fitness improve?</p> <p>How do we assess our progress and check to see if goals were met?</p> <p>What have we learned during the 18-week</p>	<p>I will design / make my daily log exercise routine.</p> <p>I will record the progress of my weight training routine.</p>	<p>Progressive overload</p> <p>One rep max</p> <p>Overtraining</p> <p>Circuit training</p> <p>Split training</p> <p>Intensity volume and</p>	



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		course?		frequency Obesity
	Concept 2 PO 2 Demonstrate the ability to monitor and adjust activity to meet personal physical activity needs.	How do I maintain and/or improve my fitness levels?	I will modify and record my weight training activity.	Periodization Progress Designing workouts
	Concept 2 PO 3 Participate in Physical Activities that contribute to the attainment of personal goals and maintenance of lifetime wellness.	<p>What is my fitness level?</p> <p>What are my strengths and weaknesses?</p> <p>How can I improve my weaknesses?</p> <p>What is the importance of cardiovascular fitness?</p> <p>What activities will improve my level of cardiovascular fitness?</p>	<p>I will plan an annual personal fitness calendar.</p> <p>I will list down home activities that provides cardio vascular fitness.</p> <p>I will record and update my personal fitness calendar for charting progress.</p>	<p>Annual fitness</p> <p>Equipment</p> <p>Anaerobic lifting</p> <p>Aerobic lifting</p> <p>Oxygen depth</p> <p>Peak heart rate</p> <p>Nutrition</p> <p>Pronation</p>

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	<p>Standard 4</p> <p>Concept 1 PO1 Perform nationally recognized criterion – referenced health related fitness assessment that includes aerobic fitness, muscular strength, muscular endurance, flexibility and body composition.</p>	<p>Why should students want to perform each fitness test component?</p> <ol style="list-style-type: none"> <li>1. One rep max test</li> <li>2. Sit up and push up test</li> <li>3. Pull up test</li> <li>4. Arm forces test</li> <li>5. National Strength and conditioning test</li> </ol> <p>What is the importance of having a score on each test component?</p>	<p>I perform the following test:</p> <ol style="list-style-type: none"> <li>6. One rep max test</li> <li>7. Sit up and push up test</li> <li>8. Pull up test</li> <li>9. Arm forces test</li> <li>10. National Strength and conditioning test</li> </ol>	<p>Endurance One rep max Assessment Max Pull up assessment Push up assessment Sit ups assessment Flexibility Body composition</p>
	<p>Concept 1 Po 5 Compare and contrast safe and risky exercise and demonstrate safe exercise alternatives.</p>	<p>How can people protect themselves from sore muscles or injury from over exercising?</p>	<p>I will describe which weight room activities requires a spotter.</p>	<p>Squats Inclined bench Bench press Arm curl Ply o press Specificity Spot reducing</p>
	<p>Concept 1 PO 6 Devise a plan to reduce risk and possible injury.</p>	<p>How can people protect themselves from sore muscles or injury from over exercising?</p>	<p>I will explain cool down and warm up concepts as well as stretching .</p>	<p>Dehydration Duration Cool down Warm up Energy</p>
<p>4<sup>th</sup> Quarter ( 4 weeks)</p>	<p>Strand 5</p>	<p>How can people protect themselves from sore muscles or injury from over</p>	<p>I will identify the right spotting techniques and</p>	<p>Fatigue Overload</p>

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<a href="http://www.fitnessprogram.com">www.fitnessprogram.com</a> <a href="http://www.zumba.com">www.zumba.com</a>	Concept 1 PO 1 Apply safe practices rules procedures and etiquette in all physical activity settings.	exercising?	weight room safety techniques.	Flexibility Expiration Energy endurance
	Concept 1 PO 3 Initiate independent and responsible personal behavior in Physical activity settings.	Where does one's personal space end and someone else's space begin?	I will participate in circuit training activity .	Circuit training Fatigue Fitness Hamstring Heat exhaustion
	Concept 1 PO 4 Recognized the level of risk in various sports and activities.	Why do we have to responsible for our own behavior? Why are consequences for not following rules necessary?	I will list 5 risk in various Physical Activities. I will write a summary in the level of risk in different activities in the weight room.	Spotter Attention Awareness Rules safety
	Concept 2 PO 1 Participate in learning group with a wide variety of diverse members.	How do I cooperate with diverse learner in the group? Why is it important to cooperate from your group?	I will cooperate in a group with a diverse students.	Diverse learner Modified weight training respect
	Concept 2 PO 3 Resolve conflict in appropriate ways.	Why resolving conflict essential? How can you solve conflict in a group?	I will identify steps to resolve conflict in a group.	Conflict Argument Peer mediation Resolution
	Concept 2 PO 5 Explain and create a Physical activity that demonstrate a safe environment for self and others.	Why safety and precaution important in the weight room?	I will design and explain weight room activities that demonstrate safe environment.	Environment Safety Weight room procedures Safety guidelines Attention
	Concept 2 PO 6 Design and instruct	Are students demonstrating an overall level	I will create and model a	Modeling

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	a sports or fitness activity from a different ethnicity or culture.	of fitness on the following program? <ol style="list-style-type: none"> <li>1. zumba</li> <li>2. circuit training modified</li> <li>3. body building</li> <li>4. powerlifting</li> </ol>	fitness activity program like. <ol style="list-style-type: none"> <li>1. zumba</li> <li>2. circuit training modified</li> <li>3. body building</li> <li>4. powerlifting</li> </ol>	Fitness Maximal heart rate Nutrition Aerobic Peak heart rate Physical fitness Movement coordination
	Standard 6 Concept 1 PO 1 Identify attitudes associated with regular participation in physical activity and or in fitness development activities	What attitudes should you posses in participating fitness program activities? Why?	I will list 5 attitudes associated in participating fitness program activities.	Punctuality Discipline Honesty Dedication determination
	Concept 2 PO 2 Select and participate in physical activities that are personally meaningful.	What are the different weight room activities that is meaningful to you. Explain? What will you choose and why is it meaningful to you?	I will identify weight room activities that are meaningful.  I will choose meaningful weight room activities.	Weight room activities
	Concept 2 PO 3 Examine the role motivation prioritizing, dedication and self discipline play in fitness development.	What is a written narrative?  Why is important that the writing matches the routine that you will be performing in evaluating the role of fitness development?	I will evaluate the role of fitness development like:  <ol style="list-style-type: none"> <li>1. goal setting</li> <li>2. motivating factor</li> <li>3. self discipline</li> <li>4. Dedication</li> </ol>	Motivation Priority Diet Fitness development
	Concept 2 PO 5 strategize ways to overcome obstacles to regular participation in Physical Activities	What strategies and techniques will you do when participating in Physical activities?  Why are these techniques important to you?	I will list 5 strategies or techniques to attend comply with perpetual participation in Physical Activities.	Time management Focus Intensity Planning



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	<p>Concept 2 PO 6 Explain how an understanding of self efficacy and self esteem is related to physical activity and the ability to use self management skills necessary for developing both.</p>	<p>Why is it important to learn weight training? How is the following term related to weight training?</p> <p>Self efficacy Self esteem Self management skills</p>	<p>I will write a summary on the following topic in relation to weight training.</p> <ol style="list-style-type: none"> <li>1. Understanding self efficacy</li> <li>2. Understanding self esteem</li> <li>3. Self management skills</li> </ol>	<p>Self efficacy Self esteem Self management skills</p>
	<p>Concept 2 PO 7 Reflect upon the mental benefits of participation in Physical Activity.</p>	<p>What are the mental benefits of participating in Physical activity in the weight room? Explain your answer?</p>	<p>I will list down 10 mental benefits of participation in Physical activity in the weight room.</p>	<p>Reflections Benefits Physical activity</p>
	<p>Concept 2 PO 8 Examine one's own feelings in having accomplished personal fitness goals or failure to reach such goal.</p>	<p>What changes have taken place in student physical activity patterns and what has been the impact on their health and school achievements?</p> <p>What opportunities are available within and outside of school for 9<sup>th</sup> grade students to stay physically active and healthy?</p> <p>What can be done to help students more effectively meeting their fitness goals?</p>	<p>I will analyze personal goal setting attitude in accomplishing fitness goals.</p>	<p>Accomplishment Goal Failure Fitness Training programs</p>