

Weight Training Pacing Guide

Weekly Schedule: **Mondays/Wednesdays/Fridays** – Muscular Strength, Muscular Endurance, Motor Skills, Movement Patterns, Movement Concepts (PEHS 1a, 1b, 2a, 2b, 2c, 4b, 5a, 5b, 5c, 5d, 6b)

Tuesdays/Thursdays – Flexibility, Cardiovascular, Muscular Endurance, Aerobic, Body Composition (PEHS 1a, 1b, 2a, 2b, 2c, 4b, 5a, 5b, 5c, 5d, 6b)

Week 1 (Aug. 8-12) **Vocabulary:** Goals, Short-term goals, Long-term goals

Develop fitness goals for yourself that are age, gender, and skill appropriate. (PEHS4f)

What are your goals for each aspect of the fitness tests (5 weeks and 9 weeks)?

(PEHS4b) What are your goals for weight training over the course of the semester?

How can activity goals be modified to meet your needs? (PEHS6b)

Create an activity log (starting Monday, August 15th) of physical activity for health enhancing activities during class. (PEHS3a)

Create an activity log (starting Monday, August 15th) of physical activity for health enhancing activities outside of class. What activities will you partake in to ensure participation in health enhancing activities? Where will you participate in these activities? (PEHS3a, 3b)

Week 2 (Aug. 15-19) **Vocabulary:** Resting Heart Rate, Maximum Heart Rate, Target Heart Rate, Recovery Heart Rate, Aerobic Exercise, Anaerobic Exercise, F.I.T.T principle, Overload, Specificity, Progression, Cross-training, Overtraining

Calculate RHR, MHR, and THR.

Week 3 (Aug. 22-26) Read Article: “Exercise can add 3 years to life expectancy” and write an article review summarizing the article (minimum 2-3 paragraphs). Be sure to include your personal thoughts on the article (PEHS4d). **(Wednesday, August 24th)**

Test on Goal Setting/Cardio/Fitness Training Principles **(Friday, August 26th)**.

Week 3 (Aug. 29-Sept. 2) **Vocabulary:** Flexibility, Muscular Strength, Muscular Endurance, Cardiovascular, Body Composition, Agility, Balance, Speed, Power, Coordination, Reaction Time

Think about health and skill related fitness components. Give at least 2 examples of exercises that relate to each of the five (5) health-related fitness components. Give at least 2 examples of exercises that relate to each of the six (6) skill-related fitness components. **(Wednesday, August 31)**

Week 5 (Sept. 6-9) **Vocabulary:** Deltoids, Pectorals, Bicep Abdominals, Quadricep, Hamstring, Gastrocnemius, Gluteals, Tricep, Latisimus Dorsi, Trapezious

Muscles/Strength Training PPT

Week 6 (Sept 13-17) Test on Health/Skill Related Fitness and Muscles/Strength Training **(Friday, Sept. 17)**

Week 7 (Sept. 20-24) Create fitness plan (all PEHS)

Week 8-13 (Sept.13- Nov. 4) Fitness Plan Due **(Friday, November 4)**

Week 14 (Nov. 7-11) Implement fitness plans

Week 15 (Nov. 14-18) Find an article related to exercise (fitness) and nutrition. Write an article review summarizing the article (minimum 2-3 paragraphs). Be sure to include your personal thoughts on the article. (PEHS4e) **(Wednesday, Nov. 16)**

Week 16 (Nov. 28-Dec. 1) Create a pamphlet/booklet/magazine/web page on a selected activity expressing why it is important to them/how it fulfills your fitness goals. (PEHS6a) **(Friday, Dec. 1)**

Week 17 (Dec. 5-9)

Week 18 (Dec. 12-16) Final **(Friday, December 16)**