

Spanish Fork High School

Weight Training

August/September: Introduction to Olympic lifts and Safety

- **I can:** List the six absolutes of lifting.
- **I can:** Demonstrate basic competence and participation in a variety of areas of weight training.
- **I can:** Demonstrate the necessary knowledge and skills to be proficient in a few movement forms.
- **I can:** Identify the critical elements of increasingly complex movement forms in lifting weights.

October: Bigger Faster Stronger

- **I can:** Detect and correct errors in personal performance and in the performance of others.
- **I can:** Demonstrate the importance of proper form to success in activities; the influence of strength, speed and size; and the type of equipment used.
- **I can:** Use activity journals/portfolios to track personal progress in developing and maintaining fitness.

November: CrossFit

- **I can:** Participate in activities that develop muscular strength and/or endurance, flexibility and cardiovascular fitness.

December: Student Workouts

- **I can:** Communicate to improve group/individual performance and develop strategies to include others in activity settings.
- **I can:** Design appropriate weight training program based on personal needs to improve performance.
- **I can:** Design short-term and long-term personal fitness programs.

January: Final Workouts

- **I can:** Identify the fitness benefits in a variety of activities.
- **I can:** Use readily available resources and materials to engage in home fitness activities.
- **I can:** Participate in a lifetime activity (weight training) that is personally rewarding.