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.