

**Unit Summary and Rationale:** (Outlines the components of the unit and the reasoning for their inclusion):

How to improve cardio-vascular endurance and muscular strength through circuit training and personalized fitness.

Students will learn (demonstrate) the importance of range of motion and correct lifting and spotting techniques.

Demonstration and explanation.

**Unit Connection College and Career Ready Descriptions:** Teachers will select at least one of the following lenses to act as the overlay for the unit. These are the descriptors that must be included to ensure the unit is fully aligned to the CCLS and relevant to the college and career ready student.

☒ Students will demonstrate independence.

☐ Students will value evidence.

☒ Students will critique as well as comprehend.

☒ Students will develop an understanding of other perspectives and cultures.

☒ Students will build strong content knowledge.

☒ Students will respond to the varying demands of audience, task, and discipline.

☐ Students will use technology and digital media strategically and capably.

**Unit Standards:** Teachers should list the standards to be addressed within the unit.

Content/Skills	Reading	Writing
<b>R.CCR1    W.CCR1</b> <b>R.CCR2    W.CCR2</b> <b>R.CCR3    W.CCR3</b> <b>R.CCR4    W.CCR4</b> <b>R.CCR5    W.CCR5</b> <b>R.CCR6    W.CCR7</b> <b>R.CCR7    W.CCR8</b> <b>R.CCR8    W.CCR9</b> <b>R.CCR9</b>	1 Understanding safety/spotting 2 Understanding directions of how unit will be carried out. 3 performing lifts properly after demonstrations 4 Word Walls/terminology 5 Skill relationship 6 Technique/strategy 7 Demonstration 8 Observation/discussion/ partner work. 9 Progression of Skills	1 Listening to direction 2 Understanding/Demonstration of rules 3 Practice technique of lifts 4 following circuit or fitness plan/activity successfully 5 Correcting errors in skills 7 Watching partner perform lift and critique. 8 Demonstrating of skills seen else ware 9 Demonstrating of skills seen else ware

**Essential Questions:** *Essential questions center around major issues, problems, concerns, interests, or themes relevant to the classroom. Essential questions should lead students to discover the big ideas. They need to go beyond who, what and where. They need to lead to the how and why.*

**What are the techniques needed to weight train properly?**

**What exercises will develop muscular strength in the areas the student wants to build?**

**Big Ideas:** *These are what students will discover as a result of instruction and learning activities. They are the main ideas of the learning, the conclusions, or the generalizations. Big Ideas should be open-ended and apply to more than one area of study.*

**Ability to perform lifts correctly and understand the muscles that the exercises will develop.**

**Understand different weight training programs and how they may help reach their goals.**

<b>Learning Tasks:</b> <i>Teachers list the various tasks students will engage in throughout the unit.</i>		
<div>Reading Tasks</div> <div>Teacher Demonstration of skills or lifts Understanding the techniques involved in each lift Demonstration of each lift by student Demonstration of Safety/partner work Read and understand workout chart/log</div>	<div>Writing Tasks</div> <div>Student understanding techniques of each lift Understanding skills of lift and spotting Student Demonstration of skills Students will fill out designed weight training chartt/log with amount of weight and repetitions completed. Students will record major muscle group on weight training chart next to lift completed each day.</div>	
<div>Assessments: <i>List types of assessments that will be used throughout the course of the unit.</i></div> <div><i>*If you do not have assessments for this unit, they should be created before moving on to the lesson design*</i></div>		
DIAGNOSTIC	FORMATIVE	SUMMATIVE
Content knowledge of the area of weight training through discussion and drilling.	Monitoring of lifts. Observation of lifts and how they are being performed.	Weight Training Rubric. Writing major muscle groups on weight training charts as it relates to each lift
<div>Text(s) Selections <i>(generated by (?) both teacher and student)</i></div> <div><i>Teachers will list the genres/titles for study:</i></div>		
<div>Notes: Students will be demonstrating several skills for this activity (muscular strength, muscular endurance, cardio-vascular endurance ,range of motion, proper lifting techniques, spotting techniques ). I am looking for them to improve as the class progresses. I want the student to become comfortable using the nautalis machines and free weights during their workout program. I am looking for participation from each student as well as an enjoyment for the activity. I would like them to learn which major muscle group is being worked during each lift.</div>		