

PHS Physical Education
Course 3 Elective
Weight Training

Course 3 Physical Education

Teacher: Mr. Peters

[Email](#)

[PE Website](#)

[Schoolology](#)

Course 3 Weight Training Elective

(Semester) (10, 11, 12)

Prerequisites: Completion of PE Course 1 and passing of the Physical Fitness Test standards (5 out of 6 tests passed)

Course Description:

This course is designed for those students interested in developing overall physical strength for overall health and/or advanced sports skills. Students will engage in weightlifting, cardiovascular conditioning (agility ladder), and flexibility exercises. Students will utilize both free weight and circuit training weight machines. Students will learn how to develop a weight-training program designed around their own needs, goals, and strengths and will learn to make connections between their anatomy and strength training. Students will be evaluated on their own effort, improvement, and their ability to follow an effective workout plan. Remember, overload equals progress!

*All PHS policies are applicable in PE. Please see the PHS Student Handbook for specifics.

Daily Routine:

Students have 5 minutes to dress in their PHS PE Uniforms (**please see Citizenship Policy for Uniform Guidelines**) and be seated in the roll call area in the gym or a tardy will be earned. Students have 5 minutes to dress at the end of the period if activity is in the PE WR and 10 minutes to dress at the end of the period if activity is at the Witter Field WR. Students must line up at the bleachers before leaving class. Do not wait in the lobby or outside and do not leave class early. Do not leave through the back locker room doors as well or you will earn an unexcused absence, a detention, and a loss of your daily points. It is your responsibility to make sure your possessions are locked up in your PE locker. You will be given a small locker for your PE clothes with a combination (write the combo in your phone) and backpacks can be stored in the cage on the boys side and the office on the girls side. Though two students will be assigned to ensure the office/cage are locked prior to leaving the gym, ultimately it is your responsibility to keep your own things safe (You are in high school!). *No food, drinks, IPODS, phones, etc. during class. A water bottle is okay.

Sport Specific Functional Warm-Up:

Dynamic/Static Stretching: Dynamic stretching will be performed prior to activity, consisting of controlled leg and arm swings that take you (gently) to the limits of your range of motion. The goal is to “activate” muscle groups that will be used during class, and increase flexibility by lengthening muscles, improve circulation, enhance recovery and decrease the risk of injury.

Resistance Band Warm-Up:

After dynamic stretches, students will perform band stretches to further activate their muscles for exercise.

Resistance Training and Fitness:

Students will engage in resistance training, cardiovascular conditioning (agility ladder), and flexibility exercises utilizing resistance bands, free weights, and circuit training cable machines three days a week. Students will be tested for their One Rep Max twice during the semester. (Students will not perform an actual 1 Rep-Max for safety reasons. Students will perform 3-6 repetitions to determine their max. Data

collected is then inputted into a One Rep-Max calculator). An example can be found on the following site:
[1 Rep Max Calculator](#)

Agility Ladder (if time):

Students will engage in agility ladder drills, actively engaging both their mind and body. The drills provide a workout designed to improve functional movement, balance, natural reflexes, reaction time, agility, and footwork.

Course Goals and Content Standards:

1. Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.
2. Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
3. Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

Course 3 Unit Plan:

Resistance Training for Muscular Strength and Endurance:

18 weeks (ongoing)

- Apply principles of resistance training
- Dynamic and resistance band stretching technique and form
- Safety techniques (spotting, proper body alignment and lifting techniques, how to “safely fail”)
- Demonstrate an understanding of proper weight training principles and concepts in order to achieve desired results building on knowledge learned from Course 1/Course 2.
- Perform intermediate to advanced resistance exercises (including free weights, weight machines, resistance bands, medicine balls, kettlebells, etc.) and follow an effective workout routine

Rate of Perceived Challenge:

Every day in physical education, the students are graded on their engagement in class (are you challenging yourself?) in warm-ups, weight training, and fitness. The [Rate of Perceived Challenge](#), and the points given for each standard are explained to all students as well.

Rate of Perceived Challenge

10 points = Maximal Standard

8-9 points = Vigorous Standard

6-7 points = Intermediate Standard

4-5 points = Moderate Standard

1-3 points = Minimal Standard

Grading Scale

A 90% - 100%

B 80% - 89%

C 70% - 79%

D 60% - 69%

F Below 60%

Physical Education Grading Policy:

Item

Percentage

Daily Rate of Perceived Challenge

80%

Homework/Classwork (Including Log Checks)

10%

1 Rep. Max/Final Workout

10%

[PE Calendar](#): If you would like to see our day to day routine, please check the calendar link. All other information pertaining to your grade will be on Schoology. Grades are updated every one to two weeks.

*If participation is not possible due to a valid medical reason, for a prolonged amount of time (2 or more class days), a doctor's note is required. The note must be received within 1-2 class meetings of the non-participating day. Students are encouraged to perform rehabilitation work in class as needed, as long as the student does not need to be observed by a physical therapist or doctor.

*PE Absence Policy: If a student is absent for class (missing more than half of the class period), they will

be given a 0 for that day. If a student is absent because of a PHS sport, they will not be given a 0 (please let your teacher know prior to the event). The student will have an opportunity to make-up their daily points by running two laps during Academy Office Hours prior to the end of the semester. The student must schedule the make-up ahead of time. **Every student will receive three “free” absences per semester, which, when used, will be noted in your grades in Schoology.**

*The majority of the work in class cannot be made up. Please be aware that non-participation can ultimately impact a student's grade and progress. Progress is made through consistent practice and repetition in class. When participation is limited, progress is limited as well. Consistent participation in weight training is important in order to master the fundamentals taught in class. Knowledge of the techniques taught and daily participation is a major factor in each student's overall well being. Please make careful decisions each day about your participation. **If you sustain an injury and you cannot attend class, you must communicate this to your teacher (face to face, email, ect.). Do not go to the library without communicating first and check-in, face to face if possible.**

Schoology: Again, grades will be updated every one to two weeks. In a normal school week, classes meet 3 times. Students can earn up to 10 participation points each day based on the Rate of Perceived Challenge, so a normal 3 day weekly rotation equals up to 30 participation points possible. ***If Mr. Peters is absent, no participation points will be given. However, poor behavior with a sub will lead to an infraction/detention.**

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