

PHYSICAL EDUCATION PLANNER
Weight Training

Objective	QTR. 1	QTR. 2	QTR. 3	QTR. 4
Describe and participate in the following kinds of training:				
o Speed training				
o Strength training				
o Cardiovascular training				
Demonstrate knowledge of and perform the following lifts:				
o Olympic lifts				
o Power lifts				
o Body-building lifts				
Demonstrate a kinesthetic awareness of personal surroundings in the following:				
o Other students				
o Objects				
o Personal space				
Describe safety procedures that prevent injuries in weight lifting.				
Demonstrate safe lifting techniques				
Encourage and support proper and safe weight-lifting techniques by working with partners.				
Recognize and accept differences in physical skill levels when selecting partners.				
Incorporate the following lifetime skills into a productive aspect of fitness:				
o Knowledge and skill of free vs. machine weights				
Demonstrate knowledge of the following:				
o Nutrition and supplements				
o Hygiene				