

MIDDLEBOROUGH PUBLIC SCHOOLS

[Resistance Training]

[Fitness Grade 8]

This unit is designed to remind students of the many health benefits and importance of participating in resistance training exercises.

Throughout each class students will practice including all necessary elements into each workout, balancing the muscles worked, varying exercises, and the safety rules they should always follow. Students will use what they have learned in past resistance training units to direct themselves through a variety of workouts by using workout station signs that have both pictures of the exercise and a CR code they can scan to get to a video clip of the exercise. At the end of the unit the students will take these workouts and combine them in order to create two of their own circuits.

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<i>Acquisition</i>	
<p><i>Students will know...</i></p> <p style="text-align: right;">K</p> <ul style="list-style-type: none"> ● The physical and mental health benefits of resistance training ● Resistance training terminology ● Safety rules of resistance training ● Proper execution of a variety of resistance training lifts ● How to use resistance training to improve sports performance/ reach desired goal ● The major muscles/muscle groups in the body ● Which muscle each lift targets ● How to create and execute a personalized balanced resistance training workout ● How to maximize each workout to reach their targeted goal 	<p><i>Students will be skilled at...</i></p> <p style="text-align: right;">S</p> <ul style="list-style-type: none"> ● Properly executing a variety of lifts which target particular muscles/muscle groups ● Creating balanced resistance training workouts which work towards achieving their set goal

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Stage 2 - Evidence

Evaluative Criteria	Assessment Evidence
<ul style="list-style-type: none"> ● Can properly performance resistance training exercises ● Can describe safety rules for performing exercises ● Explains the many health benefits of resistance training ● Is able to participate in exercise circuit ● Demonstrates the ability to create and complete an individualized training circuit 	<p>CURRICULUM EMBEDDED PERFORMANCE ASSESSMENT (PERFORMANCE TASKS) PT</p> <ul style="list-style-type: none"> ● Participates in resistance training exercise circuit.
	<p>OTHER EVIDENCE: OE</p> <ul style="list-style-type: none"> ● Pre/Post test on student knowledge of muscles ● Verbal questions throughout lessons related to both the essential questions, and specific exercises/muscles/rules of resistance training, health benefits, and safety precautions/rules ● Weight training log ● Creating Circuit Paper ● Teacher observation of lift execution and completion of circuits

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Stage 3 – Learning Plan

Summary of Key Learning Events and Instruction

Learning Events:

- **Introduction to resistance training:**
 - **Pre-Test (quick survey questions) on what muscles students can identify**
 - **Review: mental and physical health benefits, safety rules/expectations, muscular strength vs muscular endurance**
- **Warm-Up: Dynamic stretching and light jogging**
- **Cool-down: Static Stretching**
- **Shortened circuit using all body-weight only exercises (Jump Squats, Mountain Climbers, Froggers, Lateral Squats, Push Ups, Lateral Hops in Place, Forward/ Backward Hops in Place, Knee Tucks) for 30 seconds - 1 minute each**
- **Lower body/leg workout circuit (Squats (Dumbbell, Back, Band, body-weight, One Leg), Side Stepper, Lunges, Cable Leg Extensions, Backward Leg Kick, Good Mornings, Cable Hamstring Curl, Stiff Leg Dead Lift, Dumbbell Calf Jumps, Calf Raises, Calf Raises on Step, Seated Calf Raises)**
- **Back/chest circuit (Band Back Stretch, Cable Pull downs, Dead Lift, Renegade Row, One Arm Row, Dumbbell Pull-Over, Side Bends, Band Front Arm Stretch, Bar Upright Row, Shrugs, Push Ups/Spiderman Push Ups, Bench Press, Chest Fly (band), Lying Dumbbell Fly)**
- **Arms/shoulder/abs workout (Arm Raises, Dumbbell Shoulder Press, Dips, Diamond Push-Ups, Bicep Curls, Concentration Curls, Hammer Curls, Overhead Extension, Rope Pull down, Dumbbell Kick Backs, Lying Extensions, Seated Jack Knife, Crunches, Weighted Crunches, Planks/ Side Planks), Dumbbell Toe Touch)**
- **Creating individualized resistance training full-body circuit**
- **Completing created circuits**

Teaching:

- **Review safety rules, health benefits, muscles, etc.**
- **Skill specific corrective feedback**
- **Peer teaching opportunities**
- **Teacher and/or student demonstration of proper execution**
- **Allow students to use headphones during circuits to boost motivation**

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Lesson #1: Intro to Resistance Training

Brief Overview of Lesson (what this lesson is about): Introduction to resistance training, safety rules overview, health benefits, etc. Short body-weight only workout circuit

Prior Knowledge Required: None

Estimated Time (minutes): 45 minutes

Resources for Lesson (list resources and materials): Fitness and Health by Brian J. Sharkey, PhD and Steven E. Gaskill, PhD

By the end of this lesson students will know and be able to (write out clear and concise objectives for this lesson):

- Knows why using proper technique is important for safety and result
- Knows the many health benefits of resistance training
- Demonstrates understanding of the safety rules to follow while participating in resistance training
- Can identify the major muscles/muscle groups in the body
- Understands why it is important to include a warm-up and cool-down during every workout
- Is able to explain why you want to work both muscles which work together in opposition/balance muscles trained

Essential Question(s) addressed in this lesson:

- Why is it important to participate in aerobic and anaerobic exercises?
- Why is it important to monitor your heart rate during exercise?

Standard(s)/Unit Goal(s)/Practice(s) to be addressed in this lesson (type each standard/goal exactly as written in the framework):

MA Standards:

2.11 Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.

2.12 Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.

2.13 Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.

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2.15 Demonstrate strategies for inclusion of all students in physical activity settings relating to strength and speed.

Unit Goals:

- **Properly executing a variety of lifts which target particular muscles/muscle groups**
- **Creating balanced resistance training workouts which work towards achieving their set goal**

Instructional Tips/ Strategies/Notes for Teacher:

- Ask students what they know about resistance training
- Explain reasons for safety rules in resistance training
- Have those who are proficient in execution work with peers to help them reach the proficiency level
- Teacher demonstration of proper technique
- Allow students to listen to their own music through headphones to increase motivation

Anticipated Student Preconceptions/Misconceptions (please specify whether they are preconceptions or misconceptions)

- Resistance training is only for boys
- Middle school aged students will stunt their growth with resistance training
- You are going to be “jacked” if you lift weights

Lesson Sequence

- Introduction to resistance training:
 - Pre-Test (quick survey questions) on what muscles students can identify
 - Review: mental and physical health benefits, safety rules/expectations, muscular strength vs muscular endurance
- Warm-up: Dynamic stretching and light jogging
- Shortened circuit using all body-weight only exercises (Jump Squats, Mountain Climbers, Froggers, Lateral Squats, Push Ups, Lateral Hops in Place, Forward/ Backward Hops in Place, Knee Tucks) for 30 seconds - 1 minute each
- Cool-down: static stretching targeting muscles used.
- Closing- review terminology, rules, and health benefits

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Formative assessment(s):

- Observation of performance throughout circuit

Preview outcomes for the next lesson:

Lower body circuit

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Lesson #2: Lower body/Leg Circuit

Brief Overview of Lesson (what this lesson is about): Learning proper execution of multiple leg exercises

Prior Knowledge Required: Safety rules and health benefits of resistance training

Estimated Time (minutes): 45 minutes

Resources for Lesson (list resources and materials): Fitness and Health by Brian J. Sharkey, PhD and Steven E. Gaskill, PhD

By the end of this lesson students will know and be able to (write out clear and concise objectives for this lesson):

- Knows why using proper technique is important for safety and result
- Knows the many health benefits of resistance training
- Demonstrates understanding of the safety rules to follow while participating in resistance training
- Can identify the major muscles/muscle groups in the body
- Understands why it is important to include a warm-up and cool-down during every workout
- Is able to explain why you want to work both muscles which work together in opposition/balance muscles trained

Essential Question(s) addressed in this lesson:

- Why is it important to participate in aerobic and anaerobic exercises?
- Why is it important to monitor your heart rate during exercise?

Standard(s)/Unit Goal(s)/Practice(s) to be addressed in this lesson (type each standard/goal exactly as written in the framework):

MA Standards:

2.11 Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.

2.12 Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.

2.13 Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.

2.15 Demonstrate strategies for inclusion of all students in physical activity settings relating to strength and speed.

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Unit Goals:

- Properly executing a variety of lifts which target particular muscles/muscle groups
- Creating balanced resistance training workouts which work towards achieving their set goal

Instructional Tips/ Strategies/Notes for Teacher:

- Review safety rules/behavior expectations
- Have those who are proficient in execution work with peers to help them reach the proficiency level
- Teacher demonstration of proper technique of each exercise
- Allow students to listen to their own music through headphones to increase motivation

Anticipated Student Preconceptions/Misconceptions (please specify whether they are preconceptions or misconceptions)

- Resistance training is only for boys
- Middle school aged students will stunt their growth with resistance training
- You are going to be “jacked” if you lift weights

Lesson Sequence

- Class Review of benefits and safety rules
- Warm-up: Dynamic stretching and light jogging
- Lower body/leg workout circuit (Squats (Dumbbell, Back, Band, body-weight), Step-ups, Lunges, One Leg, Cable Leg Extensions, Back Leg Kicks, Good Mornings, Cable Hamstring Curl, Stiff Leg Dead Lift, Dumbbell Calf Jumps, Calf Raises, Calf Raises on Step, Seated Calf Raises)
- Cool-down: static stretching targeting muscles used.
- Closing- review terminology, rules, and health benefits, muscles in the legs
- **Formative assessment(s):**
 - Observation of performance throughout circuit
 - Verbal questions

Preview outcomes for the next lesson:

Back/Chest circuit

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Lesson #3: Back/Chest

Brief Overview of Lesson (what this lesson is about): Learning proper execution of multiple chest/back exercises

Prior Knowledge Required: Safety rules and health benefits of resistance training

Estimated Time (minutes): 45 minutes

Resources for Lesson (list resources and materials): Fitness and Health by Brian J. Sharkey, PhD and Steven E. Gaskill, PhD

By the end of this lesson students will know and be able to (write out clear and concise objectives for this lesson):

- Knows why using proper technique is important for safety and result
- Knows the many health benefits of resistance training
- Demonstrates understanding of the safety rules to follow while participating in resistance training
- Can identify the major muscles/muscle groups in the body
- Understands why it is important to include a warm-up and cool-down during every workout
- Is able to explain why you want to work both muscles which work together in opposition/balance muscles trained

Essential Question(s) addressed in this lesson:

- Why is it important to participate in aerobic and anaerobic exercises?
- Why is it important to monitor your heart rate during exercise?

Standard(s)/Unit Goal(s)/Practice(s) to be addressed in this lesson (type each standard/goal exactly as written in the framework):

MA Standards:

2.11 Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.

2.12 Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.

2.13 Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.

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2.15 Demonstrate strategies for inclusion of all students in physical activity settings relating to strength and speed.

Unit Goals:

- **Properly executing a variety of lifts which target particular muscles/muscle groups**
- **Creating balanced resistance training workouts which work towards achieving their set goal**

Instructional Tips/ Strategies/Notes for Teacher:

- Review safety rules/behavior expectations
- Have those who are proficient in execution work with peers to help them reach the proficiency level
- Teacher demonstration of proper technique of each exercise
- Allow students to listen to their own music through headphones to increase motivation

Anticipated Student Preconceptions/Misconceptions (please specify whether they are preconceptions or misconceptions)

- Resistance training is only for boys
- Middle school aged students will stunt their growth with resistance training
- You are going to be “jacked” if you lift weights

Lesson Sequence

- Class Review of benefits and safety rules
- Warm-up: Dynamic stretching and light jogging
- Back/chest circuit (Rows, Cable Pull downs, Dead Lift, Renegade Row, One Arm Row, Dumbbell Pull-Over, Side Bends, Band Back Arm Stretch, Bar Upright Row, Shrugs, Push Ups/Spiderman Push Ups, Bench Press, Chest Fly (band), Dumbbell Fly (Lying and Inverted))
- Closing- review terminology, rules, and health benefits, muscles in the legs; back;chest;abs

Formative assessment(s):

- Observation of performance throughout circuit
- Verbal questions

Preview outcomes for the next lesson:

Arms/Shoulders/Abs circuit

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Lesson #4: Arms/Shoulders/Abs

Brief Overview of Lesson (what this lesson is about): Learning proper execution of multiple Shoulder/Arm/Ab exercises

Prior Knowledge Required: Safety rules and health benefits of resistance training

Estimated Time (minutes): 45 minutes

Resources for Lesson (list resources and materials): Fitness and Health by Brian J. Sharkey, PhD and Steven E. Gaskill, PhD

By the end of this lesson students will know and be able to (write out clear and concise objectives for this lesson):

- Knows why using proper technique is important for safety and result
- Knows the many health benefits of resistance training
- Demonstrates understanding of the safety rules to follow while participating in resistance training
- Can identify the major muscles/muscle groups in the body
- Understands why it is important to include a warm-up and cool-down during every workout
- Is able to explain why you want to work both muscles which work together in opposition/balance muscles trained

Essential Question(s) addressed in this lesson:

- Why is it important to participate in aerobic and anaerobic exercises?
- Why is it important to monitor your heart rate during exercise?

Standard(s)/Unit Goal(s)/Practice(s) to be addressed in this lesson (type each standard/goal exactly as written in the framework):

MA Standards:

2.11 Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.

2.12 Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.

2.13 Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.

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2.15 Demonstrate strategies for inclusion of all students in physical activity settings relating to strength and speed.

Unit Goals:

- **Properly executing a variety of lifts which target particular muscles/muscle groups**
- **Creating balanced resistance training workouts which work towards achieving their set goal**

Instructional Tips/ Strategies/Notes for Teacher:

- Review safety rules/behavior expectations
- Have those who are proficient in execution work with peers to help them reach the proficiency level
- Teacher demonstration of proper technique of each exercise
- Allow students to listen to their own music through headphones to increase motivation

Anticipated Student Preconceptions/Misconceptions (please specify whether they are preconceptions or misconceptions)

- Resistance training is only for boys
- Middle school aged students will stunt their growth with resistance training
- You are going to be “jacked” if you lift weights

Lesson Sequence

- Class Review of benefits and safety rules
- Warm-up: Dynamic stretching and light jogging
- Arms/shoulder/abs workout (Arm Raises, Overhead Press, Band Rotator Cuff, Dips, Diamond Push-Ups, Bicep Curls, Concentration Curls, Hammer Curls, Overhead Extension, Rope Pull down, Dumbbell Kick Backs, Lying Extensions, Seated Jack Knife, Crunches, Weighted Cruches, Planks/ Side Planks), Dumbbell Toe Touch)
- Closing- review terminology, rules, and health benefits, muscles in the legs; back;chest;abs

Formative assessment(s):

- Observation of performance throughout circuit
- Verbal questions

Preview outcomes for the next lesson:

Create Your Own Full Body Circuit

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Lesson #5: Create Your Own Full-Body Circuit

Brief Overview of Lesson (what this lesson is about): Learning proper execution of multiple Shoulder/Arm/Ab exercises

Prior Knowledge Required: Safety rules and knowledge of lifts used

Estimated Time (minutes): 45 minutes

Resources for Lesson (list resources and materials): Fitness and Health by Brian J. Sharkey, PhD and Steven E. Gaskill, PhD

By the end of this lesson students will know and be able to (write out clear and concise objectives for this lesson):

- Knows why using proper technique is important for safety and result
- Knows the many health benefits of resistance training
- Demonstrates understanding of the safety rules to follow while participating in resistance training
- Can identify the major muscles/muscle groups in the body
- Understands why it is important to include a warm-up and cool-down during every workout
- Is able to explain why you want to work both muscles which work together in opposition/balance muscles trained

Essential Question(s) addressed in this lesson:

- Why is it important to participate in aerobic and anaerobic exercises?
- Why is it important to monitor your heart rate during exercise?

Standard(s)/Unit Goal(s)/Practice(s) to be addressed in this lesson (type each standard/goal exactly as written in the framework):

MA Standards:

2.11 Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.

2.12 Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.

2.13 Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.

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2.15 Demonstrate strategies for inclusion of all students in physical activity settings relating to strength and speed.

Unit Goals:

- **Properly executing a variety of lifts which target particular muscles/muscle groups**
- **Creating balanced resistance training workouts which work towards achieving their set goal**

Instructional Tips/ Strategies/Notes for Teacher:

- Review safety rules/behavior expectations
- Have those who are proficient in execution work with peers to help them reach the proficiency level
- Teacher demonstration of proper technique of each exercise
- Allow students to listen to their own music through headphones to increase motivation

Anticipated Student Preconceptions/Misconceptions (please specify whether they are preconceptions or misconceptions)

- Resistance training is only for boys
- Middle school aged students will stunt their growth with resistance training
- You are going to be “jacked” if you lift weights

Lesson Sequence

- Class Review of benefits and safety rules
- Creating individualized resistance training full-body circuit
- Completing created circuits
- Closing- review terminology, rules, and health benefits, muscles in the legs; back;chest;abs

Formative assessment(s):

- Observation of performance throughout circuit
- Verbal questions

Preview outcomes for the next lesson:

Create A Second Full Body Circuit

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Lesson 6: Create A Second Full-Body Circuit

Brief Overview of Lesson (what this lesson is about): Learning proper execution of multiple Shoulder/Arm/Ab exercises

Prior Knowledge Required: Safety rules and knowledge of lifts used

Estimated Time (minutes): 45 minutes

Resources for Lesson (list resources and materials): Fitness and Health by Brian J. Sharkey, PhD and Steven E. Gaskill, PhD

By the end of this lesson students will know and be able to (write out clear and concise objectives for this lesson):

- Knows why using proper technique is important for safety and result
- Knows the many health benefits of resistance training
- Demonstrates understanding of the safety rules to follow while participating in resistance training
- Can identify the major muscles/muscle groups in the body
- Understands why it is important to include a warm-up and cool-down during every workout
- Is able to explain why you want to work both muscles which work together in opposition/balance muscles trained

Essential Question(s) addressed in this lesson:

- Why is it important to participate in aerobic and anaerobic exercises?
- Why is it important to monitor your heart rate during exercise?

Standard(s)/Unit Goal(s)/Practice(s) to be addressed in this lesson (type each standard/goal exactly as written in the framework):

MA Standards:

2.11 Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.

2.12 Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.

2.13 Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.

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2.15 Demonstrate strategies for inclusion of all students in physical activity settings relating to strength and speed.

Unit Goals:

- **Properly executing a variety of lifts which target particular muscles/muscle groups**
- **Creating balanced resistance training workouts which work towards achieving their set goal**

Instructional Tips/ Strategies/Notes for Teacher:

- Review safety rules/behavior expectations
- Have those who are proficient in execution work with peers to help them reach the proficiency level
- Teacher demonstration of proper technique of each exercise
- Allow students to listen to their own music through headphones to increase motivation

Anticipated Student Preconceptions/Misconceptions (please specify whether they are preconceptions or misconceptions)

- Resistance training is only for boys
- Middle school aged students will stunt their growth with resistance training
- You are going to be “jacked” if you lift weights

Lesson Sequence

- Class Review of benefits and safety rules
- Creating individualized resistance training full-body circuit
- Completing created circuits
- Closing- review terminology, rules, and health benefits, muscles in the legs; back;chest;abs

Formative assessment(s):

- Observation of performance throughout circuit
- Verbal questions

Preview outcomes for the next lesson:

New Unit

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List of Unit Resources

List and include resources by lesson sequence.

Lesson Number	Resources
1-4	<i>Fitness and Health</i> _by Brian J. Sharkey, PhD and Steven E. Gaskill, PhD
1-6	Fitness HD App

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Curriculum Embedded Performance Assessment (CEPA)

Name: _____

Class: _____

Leg Circuit Log

For this circuit you are going to pick out **4** exercises that target your **quadriceps**, **4** that target your **hamstrings**, and **2** that target your **gastrocnemius**. For each exercise write down the primary and secondary muscles targeted, the weight you used, number of sets completed and repetitions in each set.

Exercise	Primary Muscles (target)	Secondary Muscle	Weight Lifted	Number of Sets	Number of Repetitions
1.					
2.					
3.					
4.					
5.					
6.					

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7.					
8.					
9.					
10.					

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Back/Shoulders Circuit Log

For this circuit you are going to pick out **4** exercises that target your **latissimus dorsi**, **4** that target your **pectoralis**, and **2** that target your **trapezius**. For each exercise write down the primary and secondary muscles targeted, the weight you used, number of sets completed and repetitions in each set.

Exercise	Primary Muscles (target)	Secondary Muscle	Weight Lifted	Number of Sets	Number of Repetitions
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

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Arms/Shoulders/Abs Circuit Log

For this circuit you are going to pick out **3** exercises that target your **triceps**, **3** that target your **rectus abdominis**, **2** that target your **biceps brachii**, and **2** that target your **deltoids**. For each exercise write down the primary and secondary muscles targeted, the weight you used, number of sets completed and repetitions in each set.

Exercise	Primary Muscles (target)	Secondary Muscle	Weight Lifted	Number of Sets	Number of Repetitions
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					

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10.					
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Create Your Own Full Body Circuit Log (Day 1)

For this circuit you are going to choose a warm-up, cool-down, and **10 exercises to complete**, one targeting each of the major muscles we targeted in the leg, back/chest, and arms/shoulders/abs circuits. For each exercise write down the primary and secondary muscles targeted, the weight you used, number of sets completed and repetitions in each set. Once you plan your circuit use the rest of your class time to complete it.

Warm-Up: _____

Cool-Down: _____

Exercise	Primary Muscles (target)	Secondary Muscle	Weight Lifted	Number of Sets	Number of Repetitions
1.					
2.					
3.					
4.					

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5.			
6.			
7.			
8.			
9.			
10.			

Create Your Own Full Body Circuit Log (Day 2)

For this circuit you are going to choose a warm-up, cool-down, and **10** exercises to complete, one targeting each of the major muscles we targeted in the leg, back/chest, and arms/shoulders/abs circuits. For each exercise write down the primary and secondary muscles targeted, the weight you used, number of sets completed and repetitions in each set. Once you plan your circuit use the rest of your class time to complete it.

Warm-Up: _____

Cool-Down: _____

Exercise	Primary Muscles (target)	Secondary Muscle	Weight Lifted	Number of Sets	Number of Repetitions
1.					
2.					

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3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

Resistance Training Rubric

4- Above Grade Level

- Always demonstrates proper form for each lift, including executing each one in a slow, controlled manner.
- Can safely pace themselves throughout each circuit, giving themselves appropriate rest time between each set.
- Demonstrates the ability to create individualized circuits to meet their desired goal of increasing either muscular strength or muscular endurance.
- Understands and follows all safety rules throughout the unit
- Is able to explain the numerous health benefits associated with resistance training.
- Regards all classmates in a positive and supportive manner at all times, including offering help when a peer is performing a lift incorrectly

3- At Grade Level

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- Demonstrates proper form for most of the lifts, including executing each one in a slow, controlled manner.
- Can safely pace themselves throughout each circuit, giving themselves appropriate rest time between each set.
- With the help of the teacher or peer, he or she demonstrates the ability to create individualized circuits to meet their desired goal of increasing either muscular strength or muscular endurance.
- Understands and follows all safety rules throughout the unit
- Is able to explain the physical health benefits associated with resistance training.
- Regards all classmates in a positive and supportive manner at all times. He or she also accepts or provides help from peers and teachers when needed.

2- Approaching Grade Level

- Demonstrates proper form for some of the lifts, but struggles to complete them in a slow and controlled manner.
- Needs help to safely pace themselves throughout each circuit
- Needs to be given circuits to meet their desired goal of increasing either muscular strength or muscular endurance, but are able to complete the circuit with guidance
- Understands all safety rules for the unit, but sometimes chooses to not follow them
- Can list a couple health benefits associated with resistance training.
- Regards all classmates in a positive and supportive manner most of the time, But he or she struggles to accept help from peers and teachers when needed.

1- Below Grade Level

- Struggles to execute lifts with proper form and speed.
- Even with help, he or she struggles safely pace themselves throughout each circuit
- Does not understand the difference between muscular strength and muscular endurance, and struggles to complete circuits provided to them.
- Understands all safety rules for the unit, but chooses to not follow them
- Is unable to name any health benefits associated with resistance training.
- Sometimes he or she regards classmates in a positive and supportive manner, but he or she struggles to accept help from peers and teachers when needed.

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