

Old Dominion University
Physical Education Lesson Plan

Name: Alfred Vasta

Date: 12/3/19

Grade Level: 9th

Unit: weight training

Lesson Focus: Circuit training

Lesson Duration: 60 min
independent

Instructional Model: Cooperative learning, direct instruction, and

PART I – STANDARDS, OBJECTIVES, AND ASSESSMENTS

Lesson Goal(s): For the students to understand the importance of safety in the weight room. For the students to understand the importance of resistance training activities using machines and weights.

Objective:

Domain: Psychomotor

NASPE: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

VA SOL: 9.3 The student will evaluate current fitness behaviors and demonstrate achievement and maintenance of a health-enhancing level of personal fitness by designing, implementing, self-assessing, and modifying a personal fitness program.

- a) Demonstrate appropriate techniques for resistance-training activities, machines, and/or free weights.

PART II – REFERENCES AND EQUIPMENT

References: N/A

Equipment: Weight room, machines in weight room, some free weights, work out mats, poster with safety rules for lifting weights and being in weight room

PART III – LESSON ACTIVITIES

SET INDUCTION

(Time: 3-5 min)

Organization/Transition: Students will be gathered in for instruction before each activity.

Description: Students will be in squad lines for attendance and announcements before dressing out (first block). Once students dress out they will warm up on the track until all students are dressed out and ready for the warm up. After warming up, students will travel to weight room for safety instructions and directions for lesson.

Lesson 1 Warm up

(Time 5-10 min)

Organization/Transition: Once all students are done changing, students will be instructed to go to their warm up lines for the warm up.

Description: The students will line up 5 people to a line and wait for the instruction to start. On the whistle the first student in each line will do the warm up activity (instructed by teacher) across the gym. Students are only to go when the next whistle is blown. The exercises will be but kicks, high knees, sliding/karaoke, super Mario's, right leg to left hand three steps then left leg to right hand, tip toe half way down and walk on heels the other half.

Materials: None

MAIN LESSON

(Total Time 30-35 min)

Activity: Weight lifting / safety, circuit training

Organization/Transition: Students will travel to weight room and gather in to discuss safety. Instructor will discuss the safety rules when using weights and being in the weight room. Teacher will make sure students know that there are no second chances in the weight room and anyone not following the rules and goofing around will be asked to leave. After safety rules are explained the instructor will explain the 18 circuits the students will participate in.

Description: The weight room will be set up with 18 different circuits (some free weights, machine weights and ab work on mats) for the students to participate in with a partner. The students will have one minute at each station, after thirty seconds the whistle will blow and the students will switch with their partner. After one minute the whistle will blow again for the students to rotate to the next circuit (students will have five seconds to rotate).

Equipment: Weight room, machines in weight room, some free weights, work out mats, poster with safety rules for lifting weights and being in weight room, whistle

Cues: Safety first, slow controlled movements do not swing the weights, work for thirty seconds then wrest and spot your partner

Modifications: Different size weights will be available for the students to use. Students can do as many or as little reps as they want in the thirty seconds. Resistance Bands can be substituted for weights if needed.

CLOSURE

(Time: 2-5 min)

Organization/Transition: Students will gather in and instructor will discuss how the lesson went for circuit training.

Description: Ask the students what they liked about the lesson. Ask the students what they thought was hard and what they thought was easy. Discuss again with them why weight training is important and how they can continue to do these types of exercises at home.

Equipment: None

PART IV - REFLECTION

Where the students safe in the weight room?

Did the students learn and have fun?

Did I give instructions accurately and effectively?

Did the students leave feeling like they got something from today's lesson?

Can the students use the weight training and exercise skills they learned, out of school as well?