

Lesson plan for February 22, 2011

*Weight lifting challenge in class assignment*  
*9<sup>th</sup> grade curriculum*



**OVERVIEW:**

EACH WEEK STUDENTS WILL BE ASKED TO BENCH PRESS EVERY WEDNESDAY AND TRACK THEIR MAX WEIGHT WHICH THEY WILL RECORD IN A BAR GRAPH LATER ON TO DETERMINE THEIR PROGRESS ON THEIR BENCH PRESS.

**OBJECTIVES:**

TO GET STUDENTS TO START TRACKING THEIR MAX REPETITION ON THE BENCH PRESS. THIS WILL GIVE THEM A BETTER UNDERSTANDING OF HOW THEIR PROGRESS IS COMING ALONG. ALSO, IT WILL SHOW WHICH STUDENTS ARE ACTUALLY WORKING ON THEIR WEIGHT TRAINING AND TRYING TO IMPROVE AND THOSE WHO ARE JUST DOING IT BECAUSE THEY HAVE TO. FINALLY, THEY WILL LEARN HOW TO INPUT DATA INTO A BAR GRAPH USING CHARTLE.NET WHICH IS A USEFUL APPLICATION FOR THEM TO USE FURTHER DOWN THE ROAD IN THEIR EDUCATION.

**MATERIALS:**

- ✓ BENCH PRESS BAR
- ✓ WEIGHTS TO PUT ON BAR
- ✓ A BENCH TO BENCH PRESS ON

**PROCEDURES:**

- STUDENTS WILL COME TO CLASS AND DRESSED IN THEIR PE UNIFORMS AS EXPECTED EVERYDAY
- STUDENTS WILL GET INTO GROUPS OF 3-4 AND CHOOSE A BENCH TO START THEIR WORKOUT ON
- WARMING UP BEFORE LIFTING WILL BE REQUIRED BEFORE THEY ARE ALLOWED TO LIFE
- AFTER WARM UP STUDENTS WILL TAKE TURNS MAXING OUT ON THE BENCH PRESS
- EACH STUDENT WILL GET A MAXIMUM OF 3 ATTEMPTS BEFORE THEY MUST RECORD THEIR HIGHEST ATTEMPT.
- AFTER SEVERAL WEEKS STUDENTS WILL PLOT THEIR DATA IN A CHARTLE.NET BAR GRAPH
- A GRADE WILL ALSO BE GIVEN ON HOW THEIR GRAPH LOOKS. IT SHOULD BE CREATIVE AND VERY WELL ORGANIZED
- AFTER COMPLETION OF THE BAR GRAPH STUDENTS WILL TURN IN THEIR RESULTS WHICH WILL BE SCORED AND RETURNED FOR A PART OF THEIR SEMESTER GRADE

**EVALUATION:**

- ❖ STUDENTS WILL BE GIVEN POINTS BASED ON PARTICIPATION AND EFFORT GIVEN ON EACH WEDNESDAY THEY ARE TO BE TESTED. AFTER SEVERAL WEEKS OF MAXING OUT, STUDENTS WILL GO ONTO CHARTLE.NET AND RECORD THEIR DATA IN A BAR GRAPH SO THEY CAN SEE THEIR PROGRESS. THIS IS A GREAT WAY TO KEEP KIDS ACTIVE WHILE IMPLEMENTING TECHNOLOGY INTO THE WORKOUT AREA. AFTER COMPLETION HAVE STUDENTS TURN IN ASSIGNMENT AND GRADE BASED ON PROGRESS MADE, EFFORT PUT FORTH, AND THE DESIGN OF THE GRAPH ITSELF

**STANDARDS:**

- ❖ STANDARD 3: PARTICIPATES REGULARLY IN PHYSICAL ACTIVITY
- ❖ STANDARD 4: ACHIEVES AND MAINTAINS A HEALTH ENHANCING LEVEL OF PHYSICAL FITNESS
- ❖ STANDARD 6: VALUES PHYSICAL ACTIVITY FOR HEALTH, ENJOYMENT, CHALLENGE, SELF-EXPRESSION, AND/OR SOCIAL INTERACTION