

Unit Title: Strength Training

Inter Unit Title: Week #3: Personal Trainer and the RDL exercise

Grade Level: MYP 9-10

Subject Area: Physical Education

Duration/Length/Number of class periods: 5 class periods (Week 3 = Class periods 10-15 of 20 class periods for entire Strength Training unit)

Description: Students will learn how to properly perform particular weight training exercise(s), and also be able to help coach and guide their peers in correcting improper lifting form.

Established Goals (National, State, Local):

Shape America Standard 1:

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

S1.H1: Lifetime activities

Level 2: Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games, or target games).25 (S1.H1.L2)

MN State Standard:

Standard 3: Demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.

Focus Area:

Fitness Knowledge

MN State Standard Strand:

9.3.3.1

Explain appropriate techniques for resistance training machines, free weights, or body-weight exercises.

What Enduring Understandings are desired? Students will be able to identify imperfections in function,

Students will need to know how to properly perform particular weight training exercises.

Students will need to know how to analyze another person's lifting form, and offer constructive feedback in order to help with improved form and safety.

Students will need to know how to utilize the provided technology in order to video record their partner performing said weight training exercises.

Students will be able to journal write regarding their experience of being both the person performing the exercise, as well as the "personal trainer" who will be assessing and critiquing the exercise.

What Essential Questions will be considered?

What is an RDL, and what type of movement does the body perform in order to complete the exercise? (hinge)

What muscle groups are utilized during the RDL exercise, and why is it important to improve the strength and flexibility of those muscles?

Students will know / be able to:

IB Objectives:

C Applying and performing

Students develop and apply practical skills, techniques, strategies and movement concepts through their participation in a variety of physical activities.

In order to reach the aims of physical and health education, students should be able to:

- i. demonstrate and apply a range of skills and techniques effectively
- ii. demonstrate and apply a range of strategies and movement concepts effectively
- iii. analyse and apply information to perform effectively.

D Reflecting and improving performance

Students enhance their personal and social development, set goals, take responsible action and reflect on their performance and the performance of others.

In order to reach the aims of physical and health education, students should be able to:

- i. explain and demonstrate strategies to enhance interpersonal skills
- ii. analyse and evaluate the effectiveness of a plan based on the outcome
- iii. analyse and evaluate performance.

Description	Formative	Summative	Intro. Activity	Learning Activity	Student Tech. Used	Teacher Tech. Used	ISTE Standards
<p>Day 1: Students have a fitness plan that they are following that I've created, with exercises that I've previously taught and students know how to do. Eventually, students will be creating their own fitness plans. Today's workout (35 min.), plus Intro to the RDL and the technical breakdown of the RDL.(8-10 min)</p>	<p>Partner Share: Have partners discuss their comfort levels with the project and help them create a relationship that will allow fruitful conversation to occur without being defensive or negative.</p>		<p>Class Viewing of Webpage Resource</p>	<p>Hands-on learning by performing exercise(s)</p>	<p>iPad or possibly their cell phone with permission.</p>	<p>Computer for attendance and jotting of notes and personal reflection during the lesson</p>	<p>Empowered Learner: Students leverage technology to take an active role in choosing, achieving and demonstrating competency in their learning goals, informed by the learning sciences.</p> <p>1a. Students articulate and set personal learning goals, develop strategies leveraging technology to achieve them and reflect on the learning process itself to improve learning outcomes.</p>
<p>Day 2: Students have a fitness plan that they are following that I've created, with exercises that I've previously taught and students know how to do. Today's workout (35 min.), plus review of technical breakdown of the RDL (8-10 min.)</p>	<p>Exit Card: Three coaching points to look for while assessing form and technique</p>		<p>Review of exercise(s) learned the prior day</p>	<p>Hands-on learning by performing exercise(s)</p>	<p>iPad or possibly their cell phone with permission.</p>	<p>Computer for attendance and jotting of notes and personal reflection during the lesson</p>	
<p>Day 3: Students have a fitness plan that they are following that I've created, with exercises that I've previously taught and students know how to do. Today's workout (35 min.), plus introduction to Padlet and students complete Padlet for homework.</p>	<p>Padlet: Write 4-5 reflective sections for students to fill out regarding different aspects of the assessment/refinement process of the learned exercises.</p>		<p>Review of exercise(s) learned the prior day</p>	<p>Hands-on learning by performing exercise(s)</p>	<p>iPad or possibly their cell phone with permission for the Padlet.</p>	<p>Computer for attendance and jotting of notes and personal reflection during the lesson</p>	
<p>Day 4: Students have a fitness plan that they are following that I've created, with exercises that I've previously taught and</p>	<p>Fist to Five regarding student confidence with</p>		<p>Review of exercise(s)</p>	<p>Hands-on learning by</p>	<p>iPad or possibly their</p>	<p>Computer for attendance and jotting of notes</p>	

students know how to do. Today's workout (35 min.), plus whole class video review of me doing the RDL correctly and wrong to open dialog for feedback and help review for tomorrow.	being ready to assess partner with the exercises.		learned the prior day	performing exercise(s)	cell phone with permission.	and personal reflection during the lesson	
Day 5: No workout today, except for the Summative Assessment.		Video and written reflection submission for each partner		Hands-on learning by performing exercise(s)	Video Recording device, iPad or possibly their cell phone with permission.	Computer to view summative shared by all students with teacher via Google Drive	

Materials, tools and resources

Materials:

Fitness Plan with exercises and journaling

Tools:

-Weightlifting bar

-Full size weights of at least 5 lbs on each side with the circumference of a 45 lb. plate

-Safety clamps

-Weightlifting platform, or a rubber mats for under the loaded weightlifting bar

-Video recording device

Resources:

Webpage for knowledge about an RDL:

<https://www.advancedhumanperformance.com/blog/master-your-hip-hinge-rdl-mechanics>

Unit Plan Author (name, school and optional email address or hyperlink to teacher's web page)

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Additional credit given to