

Recreation & Leisure
Lesson Plan—Mastery
Weight Training

Instructional Area: Leisure Community Home Living / Daily Living
Ability Level: Emerging Developing Mastery

Topic / Skill Outcome:

- Weight Training

Learning Area(s):

- Math and Science
- Physical Education / Recreation & Leisure

Purpose of Lesson / Objective:

- Improve students' capacity to weight train with lighter weights over a longer time period.
- Improve individual strength, flexibility and cardiovascular endurance.

Materials / Equipment / Environment:

- Bench press
- Exercise bikes
- Jump ropes
- Arm curl bar
- Sit-up mats
- Pull-down bar
- Leg extension machines
- Leg curls
- Heel raises
- Running track

Group Size: 1-10 **Time Required:** 30-40 minutes (flexible)

Lesson Procedure:

1. Set up the stations with a weight that everyone can lift or perform a minimum of 30 seconds
2. Place a student at each one of the stations
3. Plan a rotation pattern and make sure every student knows which way to go or who to follow
4. Start the clock by blowing a whistle or by giving a command
5. Have students exercise at the station for at least 1 minute
6. Signal to stop and have the students rotate to their next station
7. Make sure that there is enough time in-between to allow the students to get to the other stations
8. Go through the stations once or twice and allow a 10-minute cool down with flexibility and relaxation
9. Spotters would have to be placed at all lifts

Carry Over / Related Activities:

- Any fitness or aerobic exercise could be an enhancement activity

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Supporting Activities / Possible Adaptations:

- Adapting weight and time

Strategies for Participation:

- Music could be a motivator as well as a signal to exercise
- Positive reinforcement would be a must to keep the students motivation high
- Partners or teams

Student Reaction / Evaluation:

- Student evaluation might include keeping track of repetitions

Lesson Support:

This activity works best with independent students but will work with students who need physical prompts as long as there is enough staff. The circuit-training concept works very well with all abilities and pushes students to exerting maximum effort that should be monitored. Students should be aware that if they feel fatigued they should slow down.