

LESSON 5: RESISTANCE, BODY-WEIGHT & LIGHT FREE-WEIGHT STATIONS

Grade-Level Outcomes

Primary Outcomes

Engages in physical activity: Participates in a variety of strength- and endurance-fitness activities such as Pilates, resistance training, body-weight training and light free-weight training. (S3.M3.7)

Engages in physical activity: Participates in a variety of strength- and endurance-fitness activities such as weight training or resistance training. (S3.M4.7)

Embedded Outcome

Safety: *Independently* uses physical activity and exercise equipment appropriately and safely. (S4.M7.7)

Lesson Objective

The learner will participate in a variety of strength- and endurance-fitness activities and identify whether the activities are resistance training, body-weight training, or light free-weight training.

Equipment and Materials

- Portable tennis nets
- Plastic pickleballs
- Plastic paddles
- Tennis rackets
- Low-compression tennis balls
- Foam tennis balls
- Resistance bands (variety of resistances)
- Sand bells (variety of weights)
- Agility ladders
- Station cards for muscle-strengthening resistance training (with definitions and examples)
- Station cards for muscle-strengthening resistance training and bone-strengthening physical activities (see handout from Lesson 2)
- What Is It? assessment (see handout)
- Clipboards
- Pencils

Introduction

You will remember in a previous lesson, we explored and experienced aerobic physical activity, muscle-strengthening physical activity, and bone-strengthening physical activity. Today, we will go into greater depth by identifying exercises that involve resistance training, body-weight training, and light free-weight training.

Instructional Task: Stations

■ PRACTICE TASK

Students rotate through the stations used in Lesson 2. This time, they carry the What Is It? assessment with a clipboard and pencil.

WHAT IS IT?

Directions: Check all boxes that apply for each activity. Choose the best answers, meaning the ones that make the most sense. **Hint:** There can be more than one answer for each activity.

Activity 1: Jog around the perimeter of our area.

Aerobic training	Strength and endurance training	Resistance training	Body weight training	Light free-weight training	Muscle-strengthening training	Bone-strengthening training
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity 2: Volley with your partner.

Aerobic training	Strength and endurance training	Resistance training	Body weight training	Light free-weight training	Muscle-strengthening training	Bone-strengthening training
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity 3: See how many push-ups and curl-ups you can do.

Aerobic training	Strength and endurance training	Resistance training	Body weight training	Light free-weight training	Muscle-strengthening training	Bone-strengthening training
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity 4: Determine a baseline for your muscle for a biceps curl.

Aerobic training	Strength and endurance training	Resistance training	Body weight training	Light free-weight training	Muscle-strengthening training	Bone-strengthening training
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity 5: Jump rope with your partner.

Aerobic training	Strength and endurance training	Resistance training	Body weight training	Light free-weight training	Muscle-strengthening training	Bone-strengthening training
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity 6: Practice your forehand volley.

Aerobic training	Strength and endurance training	Resistance training	Body weight training	Light free-weight training	Muscle-strengthening training	Bone-strengthening training
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity 7: Determine a baseline for your muscles for an upright row.

Aerobic training	Strength and endurance training	Resistance training	Body weight training	Light free-weight training	Muscle-strengthening training	Bone-strengthening training
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity 8: Determine a baseline for your muscles for a seated row.

Aerobic training	Strength and endurance training	Resistance training	Body weight training	Light free-weight training	Muscle-strengthening training	Bone-strengthening training
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity 9: Determine a baseline for your muscles for a triceps extension.

Aerobic training	Strength and endurance training	Resistance training	Body weight training	Light free-weight training	Muscle-strengthening training	Bone-strengthening training
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity 10: Perform various agility ladder drills.

Aerobic training	Strength and endurance training	Resistance training	Body weight training	Light free-weight training	Muscle-strengthening training	Bone-strengthening training
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity 11: Perform various agility ladder drills.

Aerobic training	Strength and endurance training	Resistance training	Body weight training	Light free-weight training	Muscle-strengthening training	Bone-strengthening training
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Activity 12: Practice your backhand volley.

Aerobic training	Strength and endurance training	Resistance training	Body weight training	Light free-weight training	Muscle-strengthening training	Bone-strengthening training
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PHYSICAL ACTIVITY AND FITNESS PROGRAM DESIGN

Ask students to identify if the activities at each station are:

- Aerobic training
- Strength and endurance training
- Resistance training
- Body-weight training
- Light free-weight training
- Muscle strengthening
- Bone strengthening

Students should select the best answers. More than one box can be checked for each activity.

Stations (from lesson 2):

1. Jog around the perimeter of the teaching area.
2. Volley with a partner across a portable tennis net.
3. Perform as many push-ups and curl-ups as you can.
4. Determine your 10-repetition max for biceps curls and try one level up (overload).
5. Jump rope with a partner and encourage each other.
6. Practice your forehand (take turns tossing a ball to your partner's forehand).
7. Determine your 10-repetition max for the upright row and try one level up (overload).
8. Determine your 10-repetition max for the seated row and try one level up (overload).
9. Determine your 10-repetition max for triceps extensions and try one level up (overload).
10. Perform agility ladder drills.
11. Perform more advanced agility ladder drills.
12. Practice your backhand (take turns tossing a ball to your partner's backhand).

Extension

As you observe the stations, initiate discussions about various activities and how there may or may not be more than one answer.

EMBEDDED OUTCOME: S4.M7.7. Students use various pieces of exercise equipment in the lesson. Make sure students know and use equipment in appropriate ways. Students also should provide corrective feedback with regard to safety, as appropriate.

Student Choices/Differentiation

- Students choose from various weights and resistance bands.
- Students can play tennis or pickleball.
- Students have their choice of equipment.

What to Look for

Students properly identify the physical activity types for each station.

1. Aerobic training and bone strengthening
2. Aerobic training and bone strengthening
3. Muscle strengthening, resistance training, and body-weight training
4. Muscle strengthening, resistance training, and light free-weight training
5. Aerobic training and bone-strengthening
6. Aerobic training and bone-strengthening
7. Muscle strengthening, resistance training, and light free-weight training

8. Muscle strengthening, resistance training, and light free-weight training
 9. Muscle strengthening, resistance training, and light free-weight training
 10. Aerobic training and bone strengthening
 11. Aerobic training and bone strengthening
 12. Aerobic training and bone-strengthening
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Formal and Informal Assessments

What Is It? (formative assessment)

Closure

At the end of class, debrief the lesson by having students share their responses. Go over each activity and the answers that should have been selected.

Reflection

- Based on the What Is It? formative assessment (see handout) and debriefing at end of class, do students seem to grasp the differences among various types of physical activities?
- Are students ready to tackle Outcome S3.M15.7: Designs and implements a program of remediation for 2 areas of weakness based on the results of health-related fitness assessment?

Homework

Reflect on the following:

What types of physical activities can you choose to do, and how do they influence your Fitnessgram scores?

How much physical activity do you need if you were to quantify this through expending Calories (kcal)?

What barriers prevent you from being as physically active as you can be?

Resources

U.S. Department of Health and Human Services. (2008). *Physical activity guidelines for Americans*. Washington, DC: Author. Available at www.health.gov.