

**PRESCOTT UNIFIED SCHOOL DISTRICT**  
**District Instructional Guide**

<b>Grade Level:</b> 10-12	<b>Subject:</b> Powerlifting	<b>Quarter!Semester:</b> 1-411&2	<b>Resource Legend:</b> N1A
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Time Block	Unit ! Theme	Content (Nouns)	Skills (Verbs)	Standards Focus	Assessments ! Benchmarks
<b>Week 1</b>	Orientation, rules, safety, workout program	Students learn class procedures, safety rules, watch the film-"Sports Risk" informed consent. Locks and lockers are assigned, fire drills, and lock down procedures are learned.	Listening, demonstrations, watching, reviewing	S1, S2, S3, S4, S5, S6, S7	Safety and class procedures, signed rules sheet, fire alarm and lockdown procedures, safety film quiz
<b>Week 2</b>	Strength training, Presidential fitness testing.	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts; box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups, push-ups, pull-ups, dips, various stretching. Fitness testing: 40 yard dash, sit ups, pushups, pull ups, sit and reach, standing long jump, shuttle run, mile, 400 meter run .	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting, Learn the 6 Absolutes-charts on the wall.	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets ARE GIVEN FOR 9 WEEK WORK OUT SCHEDULE. Observations. First week percentages. Students given a folder with; Work out sheet, percentage charts, muscle charts, and daily workout schedule. Periodic quizzes given each quarter. .Compare fitness scores to national and presidential standards.
<b>Week 3</b>	Strength training	Students execute core lifts: Squats, cleans, bench press push press , dead lift.. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups, push-ups, pull-ups, dips, various stretching. Fitness testing make up.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting. Learn the 6 Absolutes- charts on the wall.	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. Second week percentages.
<b>Week 4</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts:, box squat ,incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. .	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. Third week percentages.
<b>Week S</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press , dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. Set new goal weights for next four weeks.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. Fourth week percentages. Set new weight goals.



<b>Week 6</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. Fifth week percentages.
<b>Week 7</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. Sixth week percentages.
<b>Week 8</b>	Strength training, repeat Presidential fitness testing	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. Retest on fitness test	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. Seventh week percentages. Compare fitness scores to national and presidential fitness, standards.
<b>Week 9</b>	Strength training	Test week. Students execute core lifts and perform 4 reps with goal weight. New goal weight is established after student's demonstrate the accomplishment of their 4 rep max. Retest on all the fitness test.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting, Students record their new weight goal, and complete their work out chart.	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. New weight goals are recorded, and students complete new workout charts... Students establish their strength scores .
<b>Week 10</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell bench, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. New quarter goals.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. Tenth week percentages. New quarter goals charts to put in their folders. 9 WEEK WORK OUT CHART GIVEN.
<b>Week 11</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. 11th week percentages. New quarter goals charts.

<b>Week 12</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. 12 <sup>th</sup> week percentages. New quarter goal charts.
<b>Week 13</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. 13 <sup>th</sup> week percentages. New quarter goals charts.
<b>Week 14</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. 14 <sup>th</sup> week percentages. New quarter goals charts.
<b>Week 15</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. 15 <sup>th</sup> week percentages. New quarter goals charts.

<b>Week 16</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. 16 <sup>th</sup> week percentages. New quarter goals charts.
<b>Week 17</b>	Strength training, Presidential fitness testing	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. Retest students on the presidential fitness tests.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. 17 <sup>th</sup> week percentages. . Muscle chart review sheet. Compare fitness scores to the national and presidential fitness standards.
<b>Week 18</b>	Strength training, Final exam.	Test week. Students execute core lifts and perform 4 reps with goal weight. New goal weight is established after student's demonstrate the accomplishment of their 4 rep max. Written final exam. Retest on all the fitness tests.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting, Students record their new weight goal, and complete their work out chart.	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. New weight goals are recorded, and students complete new workout charts. 18 <sup>th</sup> week workout. Have students measure their strength improvement on the core lifts.
<b>Week 19</b>	Strength training	Getting back into shape week. High rep, low weight workouts. Teacher rotates group members every 1.5 minutes. Push ups and sits between sets. Dips and pull ups 2 sets 10 reps. Lots of stretching and warm ups.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting, Students record their new weight goal, and complete their work out chart.	S1 S2 S3 S4 S5 S6 S7	NEW 9 WEEK CHARTING SHEETS. observations. New weight goals are recorded, and students complete new work out chart to be put in their folders. 19 <sup>th</sup> week workouts.

<b>Week 20</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. Students use new weight goals.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. .20th week workouts.
<b>Week 21</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. Students use new weight goals.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. .21st week workouts.
<b>Week22</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. Students use new weight goals.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. .22nd week workouts.
<b>Week 23</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. Students use new weight goals.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. .23rd week workouts.

<b>Week24</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. Students use new weight goals.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. .24th week workouts.
<b>Week 25</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. Students use new weight goals.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. .25th week workouts.
<b>Week 26</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel press, thruster, sit-ups push-ups, pull-ups, dips, various stretching. Students use new weight goals.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. .26th week workouts.
<b>Week 27</b>	Strength training, Presidential fitness testing.	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. Students use new weight goals. Retest students on the presidential fitness tests.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. .27th week workouts. Compare fitness scores to the national and presidential standards.

<b>Week 28</b>	Strength training	Test week. Students execute core lifts and perform 4 reps with goal weight. New goal weight is established after student's demonstrate the accomplishment of their 4 rep max. Make up on all fitness tests.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting, Students record their new weight goal, and complete their work out chart.	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. New weight goals are recorded, and students complete new workout charts.28th week workouts. Compare test scores to national and presidential fitness standards. Have students measure their strength improvement on core lifts,
<b>Week 29</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push pres, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. Students use new weight goals. USE LOW WEIGHTS, HIGH REPS,	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	NEW 9 WEEK CHARTING SHEETS given for the final quarter to be put in their folders. 29 <sup>th</sup> week work out.
<b>Week 30</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. Students use new weight goals.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. .30th week workouts.
<b>Week 31</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. Students use new weight goals.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. .31th week workouts.

<b>Week 32</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. Students use new weight goals. Introduce 30 second reps with 50% max weight..Bench, squats. Introduce overhead squats-bar only, and front squat bar only.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. .32th week workouts.
<b>Week 33</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. Students use new weight goals. Use 30 second reps for bench warm up, and squat warm ups. See previous week.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. .33th week workouts.
<b>Week 34</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. Students use new weight goals. Use 30 second reps for bench warm up, and squat warm ups. See previous week.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. .34th week workouts.
<b>Week 35</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. Students use new weight goals. Use 30 second reps for bench warm up, and squat warm ups. See previous week.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. .35th week workouts.

<b>Week 36</b>	Strength training	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. Students use new weight goals. Use 30 second reps for bench	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. .36th week workouts.
<b>Week 37</b>	Strength training, Presidential fitness tests.	Students execute core lifts: Squats, cleans, bench press, push press, dead lift. Auxiliary lifts: box squat, incline bench, dumbbell press, towel bench, thruster, sit-ups push-ups, pull-ups, dips, various stretching. Students use new weight goals. Retest students on the presidential fitness tests.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting,	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. .37th week workouts. Compare fitness scores to the national and presidential standards..
<b>Week 38</b>	Strength training, Final exam	Test week. Students execute core lifts and perform 4 reps with goal weight.. New goal weight is established after student's demonstrate the accomplishment of their 4 rep max. Written final exam. Make up on all fitness tests.	Identify, Interpret, demonstrations, listening, watching, reviewing, charting, spotting, Students record their new weight goal, and complete their work out chart.	S1 S2 S3 S4 S5 S6 S7	Daily workout charting sheets, observations. .38th week workouts. Compare the first quarter lifting and fitness scores to the fourth quarter scores. Have students measure their improvement.
	Bench Mark Assessments	Students will perform the following presidential fitness test two to four times per year. Students will know and understand the 6 absolutes. They are guides to lifting safely and with correct form.	Sit ups, push ups, shuttle run, sit and reach, pull ups, mile, and standing long jump. The 6 absolutes are: Athletic stance, stand tall, spread the chest, check foot alignment, check knee alignment, focus on a target.	Six absolutes S1 S2 S3 S4 S5 S6 S7	Students will state the 6 absolutes in lifting weights and explain them and their significance. Students will explain the importance of spotting and the responsibilities of the spotter.