

**Argenta-Oreana High School  
Weight Lifting/Conditioning**

<b>Date Semester</b>	<b>IL Learning Standards</b>	<b>Unit and/or Essential Question Content and/or Skills</b>	<b>Assessments and/or Products</b>
Monday/Wednesday/Friday		<p>Emphasis on increased strength, agility, quickness, endurance. Class is geared for sports performance and lifelong fitness habits. Free weights, dumbbells, and machines.</p> <p>Chest, shoulder, arms, legs, and core workouts. Bench press, incline, military press, push press, squats, dead lift, leg press, and free weight workouts.</p>	<p>Dress everyday and effort.</p> <p>Weight improvements and goals.</p>
Tuesday/Thursday		<p>Quickness drills and endurance runs. Bleacher workouts, ladders, quickness mats, mini hurdles, jump boxes.</p>	<p>Times and effort</p>