
Coal City Unit District #1
Weightlifting
Physical Education Curriculum

PE.WT:1 **Students can identify and demonstrate a variety of chest exercises (Pectoralis Major). (IL 19B, 20A)**

PE.WT:1-1 Perform and identify a proper bench press with a barbell or dumbbell.

PE.WT:1-2 Perform and identify a proper incline bench press with a barbell or dumbbell.

PE.WT:1-3 Perform and identify a proper dumbbell fly with dumbbells or on pec deck.

PE.WT:2 **Students can identify and demonstrate a variety of back exercises (Latissimus Dorsi). (IL 19B, 20A)**

PE.WT:2-1 Perform and identify a proper front and rear lateral pull down on lateral pull down machine.

PE.WT:2-2 Perform and identify a proper bent over row with a barbell.

PE.WT:2-3 Perform and identify a proper one arm row with a dumbbell.

PE.WT:2-4 Perform and identify a proper long range row on the long range row machine.

PE.WT:2-5 Perform and identify the correct movement on the reverse hyper machine.

PE.WT:3 **Students can identify and demonstrate a variety of shoulder exercises (Deltoids/Trapezius). (IL 19B, 20B)**

PE.WT:3-1 Perform and identify a proper military press with a barbell or dumbbell.

PE.WT:3-2 Perform and identify a proper upright row with a barbell or on the cable cross over machine.

PE.WT:3-3 Perform and identify a proper lateral raise (side) with dumbbells.

PE.WT:3-4 Perform and identify a proper shoulder shrug with a barbell or dumbbells.

PE.WT:4 **Students can identify and demonstrate a variety of Biceps exercises. (IL 19B, 20B)**

PE.WT:4-1 Perform and identify a proper barbell curl.

PE.WT:4-2 Perform and identify a proper dumbbell curl.

PE.WT:4-3 Perform and identify a hammer curl using dumbbells.

PE.WT:5 Students can identify and demonstrate a variety of Triceps exercises. (IL 19B, 20B)

- PE.WT:5-1 Perform and identify a proper lying triceps extension using an EZ- curl bar.
- PE.WT:5-2 Perform and identify a triceps press down on one of the cable cross over machines.
- PE.WT:5-3 Perform and identify a dumbbell French press.

PE.WT:6 Students can identify and demonstrate a variety of Leg exercises (Quadriceps, Hamstrings, Gastrocnemius). (IL 19B, 20B)

- PE.WT:6-1 Perform and identify a proper squat using a barbell.
- PE.WT:6-2 Perform and identify a forward lunge using body weight or dumbbells.
- PE.WT:6-3 Perform and identify a leg curl using the leg extension/leg curl machine or use power runner.
- PE.WT:6-4 Perform and identify a standing calf raise or a seated calf raise using the standing and seated calf machines.

PE.WT:7 Students can identify and demonstrate a variety of Abdominal and Cardiovascular exercises. (IL 19B, 20B)

- PE.WT:7-1 Perform and identify an abdominal crunch.
- PE.WT:7-2 Perform and identify a standard sit-up.
- PE.WT:7-3 Identify different types of cardiovascular equipment

PE.WT:8 Students will identify understanding of weightlifting terminology. (IL 19B, 20A)

- PE.WT:8-1 Identify the correct numeric terminology for sets. (e.g. 3 x 10(70%) – 3 sets)
- PE.WT:8-2 Identify the correct numeric terminology for repetitions. (e.g. 3 x 10(70%) – 10 repetitions)
- PE.WT:8-3 Identify the correct numeric terminology for percentage of your 1 repetition maximum. (e.g. 3 x 10(70%) – 70%)

PE.WT:9 Students will identify understanding of Olympic plate sizes and bar. (IL 20A)

- PE.WT:9-1 Identify a 2.5 lb Olympic weight.
- PE.WT:9-2 Identify a 5 lb Olympic weight.
- PE.WT:9-3 Identify a 10 lb Olympic weight.
- PE.WT:9-4 Identify a 25 lb Olympic weight.
- PE.WT:9-5 Identify a 35 lb Olympic weight.
- PE.WT:9-6 Identify a 45 lb Olympic weight.
- PE.WT:9-7 Identify a standard Olympic bar.