

CHAD MASSIE

WEIGHT LIFTING - BFS - WEEKLY LESSON PLAN

UNIT: Weight Lifting BFS

TOPIC: BFS Weight Lifting Program

Objectives:

Students will lift on the BFS program using proper lifting technique.
Students will work on speed and agility.

Activities:

Students will continue to work on proper technique for the different lifts.
Students will do: boxes, long jump, vertical jump, sprints, dots and agility drills.

Materials:

Weight lifting charts
Boxes

Checks for understanding:

Observe and question students

State Standards:

A12.1 A.12.5 C12.1-4 E12.1-5 F12.1-7