



Physical Education III Individual Sports

Unit: Weight Lifting		Days to Teach: Fourth 6 Weeks	
Date Taught	TEKS	Content/Vocabulary	Guiding Questions
	<p>TEKS</p> <p>1) Movement. The student develops the ability to participate confidently in individual sports. The student is expected to:(A) exhibit a level of competency in two or more individual sports that include aquatics, archery, badminton, bicycling, bowling, gymnastics, golf, handball, racquetball, self-defense, table tennis, track and field, weight training, or wrestling; and(B) consistently perform skills and strategies and follow rules at a basic level of competency.(2) (B) describe appropriate practice procedures to improve skill and strategy in a sport (D) identify correctly the critical elements for successful performance of a sport skill.(3) Social development. The student understands the basic components such as strategies, protocol, and rules of individual sports. The student is expected to:(A) acknowledge good play from an opponent during competition.(4) Physical activity and health. The student exhibits a physically-active lifestyle that improves health and provides opportunities for enjoyment and challenge during individual sports. The student is expected to:(A) select and participate in individual sports that provide for enjoyment and challenge (5) Physical activity and health. The student understands and applies safety practices associated with individual sports. The student is expected to:(B) identify and follow safety procedures when participating in individual sports; and.(6) Social development. The student develops positive personal and social skills needed to work independently and with others in individual sports. The student is expected to (E) demonstrate responsible behavior in individual sports such as playing by the rules, accepting lack of skill in others.</p>	<ol style="list-style-type: none"> 1. Rules 2. Techniques 3. Spotting 4. Rep 5. Sets 6. Max 7. Apparatus 	<ol style="list-style-type: none"> 1. What are the basic rules of the weight room? 2. What are the proper techniques for lifting weights? 3. What is a proper warm-up routine before lifting weights? 4. What is the proper spotting technique?