

WEIGHTLIFTING

BRACKET 1A 1B

SPORTS-RELATED

This Learning Standard has two parts: (1) and (2) which are separated by a slash.

Students describe a particular sport or physical activity and explain the history, rules, playing techniques, scoring, events and more.

The Student Outcome questions and possible correct responses are understanding and applying around the sport or physical activity.

OVERSIGHTS

Let's start with a few definitions:

Resistance training:

Exercises which involve moving against resistance objects, such as a weight, a bar, a rubber ball, etc. or a resistance band.

Weight training:

Exercises which use the weight of an object as resistance. Weight training is a form of resistance training.

Free weights:

Barbell, dumbbells, steel cones, and other objects.

Exercise machines:

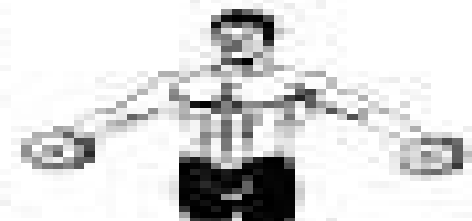
Machines designed to provide resistance to exercise movements. This resistance can be achieved with built-in weights, rubber bands, or other bands, especially springs, etc.

Weightlifting:

Weightlifting is a sport that involves lifting barbells or other items.

Strength training:

It refers to exercises that build



Physical Education Learning Packets 14 Weightlifting

Answer Key

J Spring



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