

## Standards-Based Lesson Template

<b>Submission Date</b>	2014-07-22 03:27:28
<b>Teacher:</b>	Scott Sacuskie
<b>Class:</b>	Beginning Weight Training
<b>Lesson/Unit Title:</b>	Deadlift: Ground-Based Pull
<b>Abstract/summary of lesson:</b>	Teaching students how to properly pull weight from the ground.
<b>Students will know...</b>	Students will know: 1. Proper setup on the hex-bar deadlift 2. How to maintain a rigid & neutral spine
<b>Students will be able...</b>	Students will be able to: 1. Drive from their heels while maintaining a rigid and neutral spine 2. Properly demonstrate a hex-bar deadlift for one repetition 3. Detail the steps involved in a proper setup
<b>Standards/Skills addressed</b>	1.6 Identify and apply the principles of biomechanics necessary for the safe and successful performance of weight training. 1.8 Demonstrate independent learning of movement skills in weight training. 3.1 Display safe and responsible behavior while training.
<b>Performance tasks/projects:</b>	Execution of deadlift: Standards 1.8 & 3.1 List the steps involved in setup: Standard 1.6
<b>Test and quiz questions or essay prompts:</b>	How does a weightlifter create a rigid and neutral spine prior to executing a hex-bar deadlift?
<b>Other evidence to be used (e.g., observations, evaluation of work samples, discussion):</b>	Teacher observation and monitoring: Student will be required to perform one repetition of the hex-bar deadlift.
<b>Student self-assessments:</b>	If the rep was performed incorrectly, the student must identify and address the mistakes in his or her execution of the exercise in a paragraph.
<b>Objectives</b>	Students will know: 1. Proper setup on the hex-bar deadlift 2. How to maintain a rigid & neutral spine  Students will be able to: 1. Drive from their heels while maintaining a rigid and neutral spine 2. Properly demonstrate a hex-bar deadlift for one repetition 3. Detail the steps involved in a proper setup
<b>Motivation:</b>	As a class, we will do a cause and effect analysis of everyday, real world improper lifting habits.

**Presentation:**

Through lecture, with the use of the whiteboard, and demonstration, proper technique on the hex-bar deadlift will be addressed and detailed.

**Application/Activities:**

In class: In small groups, practice technique on hex-bar deadlift with peer feedback

Homework: List the steps on paper to properly performing hex-bar deadlift

**Materials needed:**

6 Hex-bars and rubber plates of various weights

**Assessment/Evaluation:**

Through teacher observation and evaluation, the student needs to be able to execute a hex-bar deadlift while orally reciting the steps involved in the setup.

**Closure/Reflection:**

Key points:

1. The importance of maintaining a rigid and neutral spine when pulling from the ground
2. Proper setup creates a solid foundation that leads to proper execution of the exercise

Homework:

1. List the steps involved in setting up and performing a hex-bar deadlift

Tomorrow:

We transition from the hex-bar to the Olympic deadlift (Simple to Complex)