

Benjamin Franklin Elementary School

Energy Room Curriculum

BF students in grades 3-5 will participate in our Energy Room curriculum! The Energy Room at Benjamin Franklin serves as a children's weight room and fitness center. All equipment used by the children in the Energy Room is age appropriate and are properly maintained for safety purposes.

On their first PE class of the school year, students in grades 3-5 are taught the proper procedure for using all equipment safely and successfully. Students are taught how to adjust each piece of equipment to fit their body size. In addition, the students will learn which muscles they will be utilizing while using each fitness machine.

During regularly scheduled PE classes, students will have the opportunity to use each fitness machine in a controlled and supervised environment to better their level of physical fitness. Our Energy Room assists students in building muscular strength and endurance, while also providing the chance to develop their cardiovascular endurance and flexibility.

MATERIAL TO BE COVERED

1- Weight Resistance Training:

- Safety Issues
- Benefits
- Exercise Techniques
- Circuit Training Routines
- Progressions
- Reps
- Intensity
- Recovery
- Knowing personal limits

2- Fitness Components:

- Aerobic/Cardiovascular
- Muscular Strength
- Muscular Endurance
- Flexibility
- Body Composition

3- Basic Anatomy:

- Cardiovascular system
- Muscular system
- Heart functions
- Heart rate
- How to find your pulse
- Lungs
- Arteries
- Veins

4- Major Muscle Groups:

- Quadriceps
- Hamstrings
- Gluts
- Pectorals
- Latissimus dorsi
- Deltoids
- Biceps
- Triceps
- Calves

- Abdominals
- Trapezius

5- Flexibility:

- Upper and Lower Body Stretches
- Core Stretches