



PE Virtual Learning

# At Home Workout

April 28, 2020



## 6th Grade PE

Lesson: April 28, 2020

### **Objective/Learning Target:**

I will be able to do an at home workout.

LT4.5- I can actively, consistently participate in unit activities.

### **NAPSE:**

Participates in a variety of aerobic fitness activities such as cardio-kick, step aerobics and aerobic dance. (S3.M3.6)



## Essential Question:

What is going to be the best workout for me to choose in the list of workouts?



## Warm-Ups

1. Push-ups x 10 (Do modified on your knees if needed)
  - a. 10 Second Break
2. Sit-ups x 15
  - a. 10 Second Break
3. Air Squats x 15--Video: [Air squats](#)
  - a. 10 Second Break
4. Jog around your house 2 times.



## Practice:

Watch this video on the importance of exercise.

Video: [Importance of Exercise](#)

As you watch it, write down three aspects of exercise you didn't know.

Here is an article on importance of exercise.

Video: [Article on Exercise](#)



## Practice:

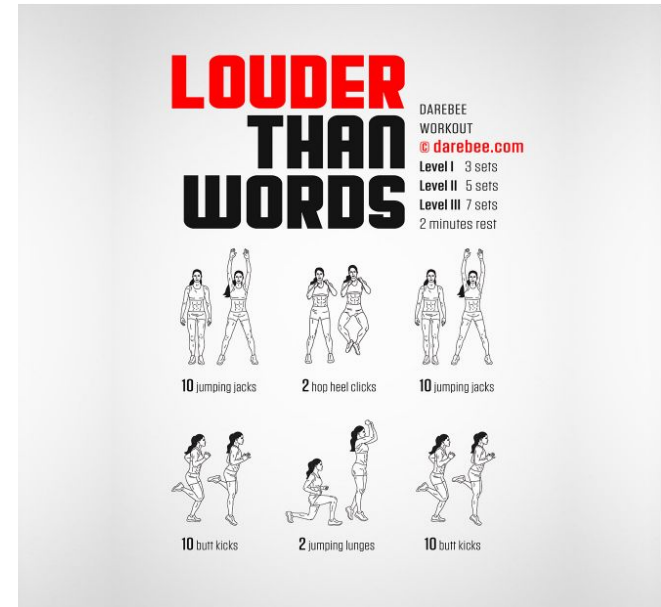
I will give you a website that you can choose any different set of exercise you want to do. I would like to you do a different exercise for each day this week.

The website has a list of exercises that you can do, each set shows you how to do the exercise. On the next slide I will show you an example of an exercise on the website as well as the link for the website.

## Practice:

Link to the workout website: [Workout Collections List](#)

1. Choose a collection from the list.
2. Choose a workout from that collection.
3. Now perform the workout!





## Self Assessment:

How well were you able to find a workout?

Was the workout you chose a difficult workout?

What did you struggle with and what did you do well with?

If you could do it again, what would you do differently?