



PE Virtual Learning

Aerobic Running/Walking

May 12th, 2020



6th Grade PE

Lesson: May 12th, 2020

Objective/Learning Target:

I will be able to run/walk aerobically.

LT2.1- I can identify critical elements to improve performance in selected skills.

NAPSE:

Sets and monitors a self-selected physical activity goal for aerobic activity based on current fitness level. (S3.M8.6)



Essential Question:

How far will I be able to run/walk at one time?



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:

Get a piece of paper and pencil for this activity.

Watch this video and then read the article on the importance of aerobic running.

Video: [Why Aerobic training is important](#)

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

Here is an article on low intensity aerobic exercise.

Article: [Low Intensity Aerobic Exercise](#)



Practice:

For your assignment today you will either be doing a quick walk or a slow jog. The workout you are doing is a low intensity workout, but it will be a longer workout.

While you are on your walk or jog you should keep track of the time, and if you are able to keep track of the distance you need to keep track of the distance. For this exercise you need to either walk, jog, or a mix of walk/jog for 30 minutes total. You can go longer if you would like, but it needs to be a minimum of 30 minutes.

If you can keep track of your distance write down that distance and try to beat it the next time you either walk or jog.



Self Assessment:

How well were you able to walk or run the whole time?

Were you able to go longer than 30 minutes?

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

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