



PE/Health Virtual Learning

6th Grade/ Isometric exercise

April 21st, 2020



6th Grade/PE
Lesson: April 21st, 2020

Objective/Learning Target:

To learn and practice isometric exercises.

LT-1 I can identify critical elements to improve performance in selected areas.

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



Essential Question

How can I improve my strength through exercise?



Definition

Isometric - relating to or denoting muscular action in which tension is developed without contraction of the muscle.



Warm-Ups

Let's Get Started:

Warm-Ups-Tabata Exercises-Repeat cycle 2 times

1. 20 seconds of frog jumps--[Frog Jumps](#)
2. 10 second break
3. 20 seconds of toe touches--[Toe Touches](#)
4. 10 second break
5. 20 seconds of plank touches shoulders-[Plank Shoulder Touches](#)
6. 10 second break
7. 20 seconds of bicycle crunches--[Bicycle Crunches](#)



Practice Video:

As you watch the video, follow along with the instructor to understand the techniques of isometric exercise.

- 1) [Techniques of Isometric Exercises](#)



Practice

Complete each of the 21 isometric exercises. Do each exercise for a 15-20 second period. When repetitions are required, do 10 reps each.



Self Assessment

Answer these reflection questions on a piece of paper.

How does isometric exercise increase your strength?

What did you struggle with as you did isometric exercises and what did you succeed with as you did isometric exercises?