



PE/Health Virtual Learning

**6th Grade/ Hand, Wrist and
Forearm Exercise**

May 15th, 2020



6th Grade/PE

Lesson: May 15, 2020

Objective/Learning Target:

To Practice and complete hand, wrist and forearm exercises.
LT-1 I can identify critical elements to improve performance in
selected areas.

S3,M3.6



Essential Question

How can I increase strengthen my hands, wrists and forearms?



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 doing hand, wrist and forearm exercises..

- 1) [Hand, Wrist, and Forearm Exercises](#)



Practice

Practice the 10 exercises from the video.

Complete the exercises for 30 seconds each if time is required or do 2 repetitions of 10 each if numbers of repetitions are required.



Self Assessment

Answer these reflection questions on a piece of paper.

Do you feel the exercises improve the strength of your hands, wrists and forearms? Why?

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