



PE/Health Virtual Learning

7th/8th Grade PE

Aerobic Exercise

May 1, 2020



8th grade PE
Lesson: May 1, 2020

Objective/Learning Target:

Participates in a variety of self selected aerobic fitness activities outside of school such as walking, jogging, biking, skating, dancing and swimming. (S3.M3.8)

Lesson Objective/Essential Question

EQ: What activities do you enjoy that will increase your aerobic capacity?

Objective: To choose and complete a 30 min aerobic activity.

Warm-Up Activity

Warm-up by doing a light jog for 1 minute. After one minute of jogging, walk 1 minute. Repeat this 2 more times. Extend the jogging or walking time as needed.

Practice

Choose one or more activities to get 30 min of continuous aerobic exercise.

Examples of aerobic exercise: walking, jogging, sprinting, dancing, workout videos, biking, hiking, skateboarding, basketball, soccer, volleyball, football, etc.

Self-Reflection

What activity did you choose? Why? Would it be beneficial to choose a different activity next time?

Critical Thinking:

What can you do to motivate yourself to work harder during the activity?

What changes could you make to the activity to make it more enjoyable?

Additional Resources/Ideas

[Basic workout video](#)

[Dance workout video](#)

[Boxing workout video](#)