



PE/Health Virtual Learning

7th & 8th Grade PE

Upper body

May 11, 2020



7th & 8th Grade PE
Lesson: May 11, 2020

Objective/Learning Target:

Participates in a physical activity 3 times a week outside of physical education class. (S3.M2.8)

Lesson Objective/Essential Question

EQ: What can we do to remain physically active while at home and why is this important?

Objective: Students will be able to successfully complete each of the exercises in the workout and be able to locate which muscles are used.

Warm-Up Activity

30 seconds of jumping jacks then 30 seconds of rest. Repeat 2 more times.

20 Wall push ups. Repeat once. [Wall Push Ups](#)

Jump rope or imaginary jump rope for 30 seconds. Repeat 2 more times.

*Modify if necessary by doing less time or less pushups

Practice

For the following exercises find something you can use for weight. If you have dumbbells, great! If you don't have any weights then find something around the house such as a book bag or grocery bag. Fill the bag with various objects to make it heavier but a weight you can control. You could also use a gallon milk jug and fill it with water.

Practice

Bicep curls 3x10

Bent over rows 3x10

Overhead press 3x10

Push ups 3x10

Muscles Worked

Bicep curls - Biceps

Bent over rows - Lats, traps, biceps

Overhead press - shoulders, triceps

Push ups - Pectorals, triceps, shoulders

Self-Reflection

Which exercises were the toughest for you to do?

Did you have to modify any of the exercises to complete them? Did you have to do less reps on any of your sets?

Which was your favorite exercise?

Critical Thinking:

- What are 3 benefits of staying active?
- How can we improve our fitness and health if we live a sedentary lifestyle?
 - A sedentary lifestyle is a type of lifestyle involving little or no physical activity.

Additional Resources/Ideas

Locate which muscles you used during your workout!

