



PE/Health Virtual Learning

7th & 8th Grade PE

Cross Training

May 22, 2020



Grade/Course
Lesson: May 22, 2020

Objective/Learning Target:

plans and implements a program of cross-training to include aerobic, strength and endurance, and flexibility training.
(S3.M4.8)

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

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

Burpees - 3x10

Ski jumps - 3x20

Squat jumps - 3x30 seconds

Mountain climbers - 3x30 seconds

Modify as necessary

Muscles worked

Burpees - shoulders, triceps, abs, quads, soleus, hip flexors, hamstrings, pectorals

Ski jumps - quads, hamstrings, glutes, soleus

Squat jumps - quads, hamstrings, glutes, soleus, hip flexors, abs

Mountain climbers - abs, hip flexors, soleus, quads, glutes, hamstrings

Self-Reflection

Which exercises were the toughest?

Did you have to modify any exercise to complete it? Should you have modified?

Critical Thinking

- What are 3 benefits of staying active?
- How will physical activity help us now and in to the future?

Additional Resources/Ideas

Locate which muscles you

Used during your

workout!

