



PE/Health Virtual Learning

# 7th & 8th PE Balance Workout

April 24, 2020



7th & 8th Grade PE  
Lesson: [April 24th 2020]

**Learning Target:**

Students will perform exercises that target one side of the body at a time.

Designs a warm-up and cool-down regimen for a self-selected physical activity. (S3.M12.7)

# Let's Get Started:

Orangetheory Fitness - Do you have a naturally dominant side? The answer is probably yes, even if you're not aware of it. This #OrangetheoryAtHome workout will take you through exercises that target one side of your body at a time to help balance the scale.

(Optional items for today's workout could include: dumbbell or water jug)

**\*Please review slides 4-9 that break down the workout before playing the video.**

# Warm Up \*PREVIEW, YOU WILL BE PERFORMING THESE WITH THE VIDEO ON SLIDE 9\*

- Cat/Camel (modification-slow pace)
- Kneeling Bird Dog (modification-reduce range of motion)
- Wide Mountain Climber (Modification-slow pace)

# Practice

\*PREVIEW, YOU WILL BE PERFORMING THESE WITH THE VIDEO ON SLIDE 9\*

- Reverse lunge to knee raise-right side (modification-eliminate knee raise)
- Reverse lunge to knee raise-left side (modification-eliminate knee raise)
- Y squat (modification-lower arms)
- 4 point plank (modification-droop knees to the floor)

# Practice Cont. \*PREVIEW, YOU WILL BE PERFORMING THESE WITH THE VIDEO ON SLIDE 9\*

- Hollow hold S/A close grip chest press-right side  
(modification-drop heels to the floor)
- Hollow hold S/A close grip chest press-left side  
(modification-drop heels to the floor)
- Static crunch with alt heel touch (modification-keep feet flat on the floor and use opposite hand to support neck)

# Practice Cont. \*PREVIEW, YOU WILL BE PERFORMING THESE WITH THE VIDEO ON SLIDE 9\*

- Single leg deadlift-right side (modification-reduce range of motion)
- Single leg deadlift-left side (modification-reduce range of motion)
- Bridge with alt toe touch (modification-reduce range of motion)

# Cool Down \*PREVIEW, YOU WILL BE PERFORMING THESE WITH THE VIDEO ON SLIDE 9\*

## Flexibility:

- Hurdler stretch (R)
- Seated body twist (R)
- Hurdler stretch (L)
- Seated body twist (L)
- Cobra
- Child's Pose

\*Only stretch as far as your range of motion allows, should be challenging yet comfortable.



# Resource

Now that you have looked over what the workout consists of, please follow along with the video linked below to perform the workout.

## [Balance Workout](#)

\*Make sure you pause the workout if you need to stop for a water break, but try to complete it to its entirety.\*

# Post Workout

## Self Assessment

If you were to design your own warm up for an at home workout, what would it include?

If you were to design your own cool down for an at home workout, what would it include?