



PE/Health Virtual Learning

**7th & 8th PE All Out
Workout**

April 28, 2020



7th & 8th Grade PE
Lesson: [April 28th 2020]

Learning Target:

Students will combine base, push, and all out efforts to perform this interval training workout.

NASPE Standard (S3.M2.7) Participates in a physical activity 2 times a week outside of physical education class.

Let's Get Started:

Orangetheory Fitness - In this Orangetheory At Home workout, we'll kick things off with Base, Push and All Out efforts, and finish off with everyone's favorite total body exercise. You guessed it – burpees! Get a little taste of the interval training you've been missing.

(Optional items for today's workout could include: a solid box, stairs, chair, and/or mini band.)

***Please review slides 4-8 that break down the workout before playing the video.**

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

- Step Ups (modification-slow pace)
- Standing Knee Lift to Extension (modification-reduce range of motion)
- Butt Kicks (Modification-slow pace, just bring heels towards glutes)

Practice

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

- March in place (modification-slow pace)
- Jump rope (modification-slow pace)
- Speed skaters (modification-big step instead of jump)
- Incline mountain climbers (modification-slow pace)

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

- Bicycle crunch (modification-slow pace)
- Dead bugs (modification-reduce range of motion)
- Reverse crunch (modification-slow pace)
- Static crunch with scissor (modification-reduce range of motion)
- Toe reach (modification-reduce range of motion)

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

- Burpee (modification-walk your feet out and back in)
- Full burpee (modification-drop knees to floor for push up and calf raise instead of jump)
- Broad jump burpee (modification-large step and shuffle back)

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

Flexibility:

- V straddle stretch (R)
- V straddle stretch (L)
- V straddle stretch (C)
- Seated body twist
- Figure 4 stretch
- Supine hip opener series (L)
- Supine hip opener series (R)
- Happy baby 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.

[All Out Workout](#)

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

Post Workout

Self Assessment

Was this workout challenging for you?

Which movement(s) did you have to make modifications to?