



PE/Health Virtual Learning

7th & 8th PE Total Body Power Workout

May 15, 2020



7th & 8th Grade PE
Lesson: [May 15th 2020]

Learning Target:

Students will perform a total body power workout.

NASPE Standard (S3.M8.7) Adjusts physical activity based on quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level.

Let's Get Started:

Orangetheory Fitness - Work up a sweat and kickstart your metabolism in this total body power workout.

(Optional items for today's workout could include: mat and/or towel)

***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*

- Standing Full Body Rotation (modification-slow pace)
- Lateral Shift to Punch (modification-reduce range of motion)
- Squat (Modification-reduce range of motion)

Practice

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

- Jumping Jacks (modification-step instead of jump)
- Mountain Climbers (modification-slow pace)
- Squat Jacks (modification-lateral side squats)
- Bicycle Crunch (modification-plant feet on ground)
- Burpee (modification-step feet back and up instead of jumping)

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

- Lateral Lunge to Reverse Lunge to Hop, left leg
(modification-reduce depth of lunges and/or take out hop)
- Lateral Lunge to Reverse Lunge to Hop, right leg
(modification-reduce depth of lunges and/or take out hop)
- Power Sit-Up (modification-bring knees into chest)

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

Cardio:

- High Knees (modification-slow pace, take out hop)

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

Flexibility:

- Standing Double Arm Internal Rotator Stretch
- Standing Quad Stretch
- Standing Toe Reach

***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.

[Total Body Power 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

Which movements were new to you today?

What are the key components to performing one of movements you listed above correctly?