



PE/Health Virtual Learning

**7th/8th PE**

**Legs/Abs Workout**

**April 10th, 2020**



Grade/Course

Lesson: [April 10th]

**Objective/Learning Target:**

Participates in a physical activity 3 times a week  
outside of physical education class.

NASPE Standard (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

## Warm up:

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

V sits - 3x20 [V Sits](#)

Lunges - 3x10 [Lunges](#)

Burpees - 3x10 [Burpees](#)

Squats - 3x10 [Squats](#)

Modify exercises as needed

# Muscles Worked

V sit - Abs, Hip Flexors

Lunges - Glutes, Quads

Burpees - Abs, Quads, Glutes, Soleus, Pectorals, Shoulders, Triceps, Hip Flexors

Squats - Quads, Glutes, Hip Flexors

# 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!

