



PE/Health Virtual Learning

7th & 8th PE Lateral Movements Workout

April 09, 2020



7th & 8th Grade PE
Lesson: [April 9th 2020]

Learning Target:

Students will perform a workout consisting of lateral movements.

Describes and demonstrates the difference between dynamic and static stretches.

NASPE Standard (S3.M9.7)

LET'S GET STARTED:

ORANGE THEORY FITNESS - GRAB SOME HEAVY OBJECTS AND GET READY. IT'S TIME TO GET LATERAL! THIS SHORT, 20-MINUTE WORKOUT FOCUSES ON LATERAL MOVEMENTS TO HELP PREVENT INJURY AND TO IMPROVE YOUR BALANCE AND COORDINATION.

(HEAVY OBJECTS COULD INCLUDE DUMBBELLS, WATER JUGS, BACKPACKS, OR ANY OTHER OBJECT THAT IS EASY TO HOLD ONTO.)

*PLEASE REVIEW SLIDES 4-7 THAT BREAK DOWN THE WORKOUT BEFORE PLAYING THE VIDEO.

WARM UP *PREVIEW, YOU WILL BE PERFORMING THESE WITH THE VIDEO ON SLIDE 8*

DOUBLE ARM CIRCLES (MODIFICATION-SLOW PACE)

ALT LATERAL LUNGE (MODIFICATION-REDUCE RANGE OF MOTION)

REVERSE LUNGE TO ROTATION (MODIFICATION-SLOW PACE)

PRACTICE

PREVIEW, YOU WILL BE PERFORMING THESE WITH THE VIDEO ON SLIDE 8

LATERAL MOVEMENTS:

LATERAL LUNGES (MODIFICATION-DECREASE RANGE OF MOTION)

SQUAT TO ALT LATERAL LEG LIFT (MODIFICATION-JUST DO THE SQUAT)

PLANK JACKS (MODIFICATION-ONE FOOT AT A TIME)

LATERAL RAISE TO FRONT RAISE (MODIFICATION-DO WITH LIGHTER WEIGHT/HOUSEHOLD ITEM)

HIP HINGE TO HIGH ROW (MODIFICATION-DO WITHOUT WEIGHT/HOUSEHOLD ITEM)

PLANK IN/OUT (MODIFICATION-DROP KNEES TO FLOOR)

PRACTICE CONT.

PREVIEW, YOU WILL BE PERFORMING THESE WITH THE VIDEO ON SLIDE 8

CARDIO:

SPEED SKATER LUNGE (MODIFICATION-SLOW PACE)

SQUAT JACKS (MODIFICATION-TAKE THE JUMP OUT)

COOL DOWN

PREVIEW, YOU WILL BE PERFORMING THESE WITH THE VIDEO ON SLIDE 8

FLEXIBILITY:

STATIC CROSS BODY WITH LATERAL FLEXION

HURDLER STRETCH

FIGURE FOUR

*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.

[LATERAL MOVEMENTS WORKOUT](#)

POST WORKOUT

SELF ASSESSMENT

WHICH TYPE OF STRETCHING DO YOU PREFER (DYNAMIC-BEFORE WORKING OUT OR STATIC-AFTER WORKING OUT)?

WHAT IS THE DIFFERENCE BETWEEN DYNAMIC STRETCHES AND STATIC STRETCHES?