



PE/Health Virtual Learning

**7th & 8th PE Power
Workout**

April 14, 2020



7th & 8th Grade PE
Lesson: [April 14th 2020]

Learning Target:

Students will perform a power workout.

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

Let's Get Started:

Orangetheory Fitness - Ready to play the game of give and get? In this Orangetheory At Home workout, give it everything you've got, and get a little rest in between.

(Optional items for today's workout could include: Couch and/or chair.)

***Please review slides 4-6 that break down the workout before playing the video.**

Warm Up *PREVIEW, YOU WILL BE PERFORMING THESE WITH THE VIDEO ON SLIDE 7*

- Thread the needle (modification-Reduce range of motion)
- Fire Hydrants (modification-Slow Pace)
- Kneeling Alt Plank reach (modification-Reduce range of motion)
- Sumo squat trunk rotation (Modification-slow pace)
- Standing star reach (modification-slow pace)

Practice

PREVIEW, YOU WILL BE PERFORMING THESE WITH THE VIDEO ON SLIDE 7

- Power Push ups (modification-place hands on an elevated surface such as a couch or chair)
- Mountain Climbers (modification-place hands on an elevated surface such as a couch or chair)
- Plank Hold (modification-droop knees to the floor)

Cool Down *PREVIEW, YOU WILL BE PERFORMING THESE WITH THE VIDEO ON SLIDE 7*

Flexibility:

- Bird Dog
- T-Spine Rotation
- Cat/Camel
- Alt cobra to child's pose
- Runner's lunge to overhead side 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.

Power 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

Which muscles do you feel are sore after today's workout?

Which movement/s did you perform that specifically worked those muscles?