



PE Virtual Learning

6th Grade Major Muscles

April 06, 2020



6th Grade PE
Lesson: [April 6th 2020]

Learning Target:

LT1- I can identify critical elements to improve performance in selected skills.

NASPE Standard

Identifies major muscles used in selected physical activities.16 (S3.M14.6)



Objective

April 6, 2020

Students will be able to identify the major muscles used in a squat after playing the Squat Relay game.



EQ & Warm-up: Quickwrite

Essential Question:

Write down on a piece of paper: What muscles of the body do YOU think are used during a squat?

Look at the next slide for the answers after you have written yours...

Warm-up Answer

Muscles used during a squat-**the red muscles highlighted below!**



Squat

Quadriceps
Gluteus Maximus
Adductor Magnus
Soleus
Hamstrings
Gastrocnemius
Erector Spinae
Rectus Abdominis
Obliques

Now let's practice

Take a look at the following image and notice their form during the squat exercise.

It is similar to “sitting in a chair.”

After “sitting in the chair” stand back up.

YOUR TURN: Find a good space to practice

15 squats.



Squat Relay

Now you know what muscles are activated because you can FEEL them burning after 15 repetitions! Read below for your next activity.

Squat Relay: Items needed-2 balls or balled up socks, and 2 trashcans or 2 baskets.





Squat Relay

1. Stand about 6 feet away from your trash can/basket with your ball/sock in hand. Encourage a family member, sibling, or neighbor to try this with you!
2. Perform 10 squats for the game to begin. After 10 squats, you then attempt to shoot your sock/ball into the trash can/basket.
3. If you MAKE IT in the trash can/basket, you must grab your ball/sock, MOVE 6 FEET FURTHER BACK from your first spot, do 10 squats, and shoot again. If you MISS, you must grab your ball/sock, go back to your spot, do 10 squats and shoot again until you make it.
4. Do this until you have made your sock/ball from the 3rd spot and you are done!
5. You should have AT LEAST completed 30 squats or more! Way to go!

***Trash can spot* 1st spot(6 feet) 2nd spot (6 feet further) 3rd spot (6 feet further)**



Self-Check

Tell someone at home.....

- 1) Point to some muscles used during a squat. What are the names of the muscles you are pointing to?

- 2) Why do you think it is important to do squats?