



Personal Fitness Virtual Learning

7/8 Aerobic Exercise

May 6, 2020



7/8 Grade Personal Fitness & Wellness

Lesson: [May 6th, 2020]

Learning Target:

Difference between aerobic and anaerobic capacity, and between muscular strength and endurance (S3 M10)

Daily Essential Question/Objective: I can perform aerobic exercises



Read and Highlight important information.

- Aerobic- (known as cardio or with oxygen) any activity that you can sustain for more than just a few minutes while your heart, lungs, and muscles work overtime. During cardiovascular conditioning, your breathing and heart rate increase for a sustained period of time. During aerobic exercise, you breathe faster and deeper than when your heart rate is at rest.
- Your heart rate goes up, increasing blood flow to the muscles and back to the lungs. Aerobic exercise can offer numerous benefits such as can help you lose weight. It may help lower and control blood pressure, may increase your stamina and reduce fatigue during exercise, activates immune systems, making you less likely to get colds or the flu, strengthens your heart, and boosts mood.

Warm up:

Participate in the warm up. Make sure to stretch your muscles before and after.



Aerobic Exercise #1

- Go for a walk around the neighborhood, if your parents say it is ok. Stay a safe distance from other people. Take a parent/guardian, someone in your living area, or a pet.
- Otherside, go walk around your yard for 10 minutes.



Aerobic Exercise #2

- Play some soccer for 10-15 minutes. You can use any type of ball.
- Or perform [VOGA Video](#)



Aerobic Exercise #3

Complete 2 or 3 of the dances.

- [Rollie](#)
- [Cha Cha Slide](#)
- [Whip, Nea Nea](#)
- [Juju on the Beat](#)
- [Cupid Shuffle](#)
- [Mop](#)
- [Chicken Dance](#)
- You can pick



All Done!!!!

Answer the following questions:

Where any of these exercises hard for you to finish? If so, which ones?

Which exercise number did you like the best? Why?

How do you feel after this lesson?

All Done!!!!

