



Personal Fitness Virtual Coo Learning

# **7/8 Anaerobic Exercise**

**May 8, 2020**



## 7/8 Grade Personal Fitness & Wellness

Lesson: [May 8th, 2020]

### **Learning Target:**

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

## Daily Essential Question/Objective: I can perform anaerobic exercises



## **Read and Highlight important information.**

- Anaerobic exercise is a physical exercise intense enough to cause lactate to form. It is used by athletes in non-endurance sports to promote strength, speed and power and by bodybuilders to build muscle mass. Anaerobic activities involve quick bursts of energy and are performed at maximum effort for a short time. During anaerobic exercise, your body requires immediate energy. Your body relies on stored energy sources, rather than oxygen, to fuel itself. That includes breaking down glucose. Anaerobic exercise can be beneficial if you're looking to build muscle or lose weight. It can also be beneficial if you've been exercising for a long time, and are looking to push through an exercise plateau and meet a new goal. It may also help you maintain muscle mass as you age. Some benefits include: strengthens bones, burns fat, builds muscle, and increases stamina for daily activities like hiking, dancing, or playing with kids. Anaerobic exercise can be hard on your body. It's not typically recommended for fitness beginners. Get your doctor's approval before adding anaerobic workouts to your routine. Work with a certified fitness professional who can help you create an anaerobic program based on your medical history and goals. For workouts like HIIT and weight training, a fitness professional can also demonstrate the correct exercise techniques. Performing the exercises with proper technique is important for preventing an injury.

## Warm up:

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

10 Walking Leg Swings

15 Second High Knees

15 Second Butt Kicks

10 Lunges

20 Arm Circles- 10 clockwise 10 counter clockwise

Stretch legs for 1 minute with different leg stretches

Stretch arms for 1 minute with different arm stretches



## Aerobic Exercise #1

- 10 sprints the length of your yard. You can use a sidewalk or go somewhere to do this, if your parent says it is okay.
- A sprint is when you run as fast as you can as quickly as you can. Sprints should take seconds to complete.



## Aerobic Exercise #2

- Complete the video, if using your phone, you can do this outside.

[Brutal Anaerobic Threshold HIIT](#)

## Aerobic Exercise #3

Complete 2 or 3 of the exercise.

- 15 [Burpee](#)
- 15 Regular Push Ups
- 50 Jumping Jacks
- 30 [Jumping Lunge](#)
- 30 [Jump Squat](#)
- 40 [Mountain Climbers](#)





# 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!!!!

