



Personal Fitness Virtual Learning

Designing a Warm-up/Cool Down

April 21, 2020



7/8th Grade Personal Fitness
Lesson: [April 21st 2020]

Learning Target:

Students will be able to analyze technique of selected exercises
and track a personal activity log

Designs and implements a warm-up and cool-down regimen for a
self-selected physical activity. (S3.M12.8)

Essential Question:

How do I create a warm-up activity?

Background: This is a review lesson from Personal Fitness semester one

- **Students will complete a workout designed for home**
- **Students will create a warm-up activity and then practice it on their own**

Let's Get Started:

1. **Follow this warm-up to get started!!**
 - [Warm-up video](#)

Practice #1

- Read the article and take notes on the AVID note taking sheet (you have to make a copy then you will be able to type on it)

-Article

-AVID notes

Practice #2

- Create a warm-up using the link website below:
-[Darebee](#)
- Add to your AVID notes from the article with information from this website as well (put this is a different color; **RED**)
- Remember, according to article, your warm-up should last 20-30 minutes in length

Practice on your own:

- Complete the workout you create on your own time; you can also apply your warm-up to other lessons as well if you prefer your's over the one that is provided.

MORE Practice on your own:

1. Click on the link to update/start an activity log
2. [Daily Activity Log](#)
3. Make a copy of the spreadsheet in order to edit it
4. Reflection question: Why is a warm-up important?

Self Check:

Go tell someone in your home your answers.



1. Was this lesson?

- easy,
- just right
- hard

2. Find a workout to complete with someone in your house