



# Personal Fitness Virtual Learning

# Whole Body Workout

**April 15, 2020**



7/8th Grade Personal Fitness  
Lesson: [April 15th 2020]

**Learning Target:**

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

S2.M13 implements safe protocols in self-selected outdoor  
activities

**Essential Question:**

What are some options for me to be active outside without  
equipment?

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

- **Students will complete a workout designed for home**
- **Students will recognize the importance of being safe while being active outside**

**Let's Get Started:**

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

## Practice #1

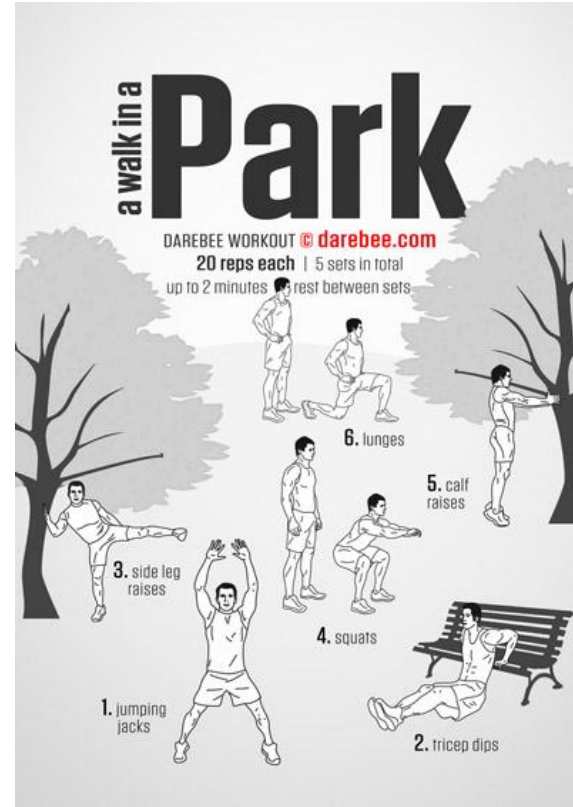
- Complete the following workout outside (this can be on a deck, front/back yard, in front of your apartment building)
- [Outdoor workout #1](#)

## Practice #2

- Complete the following workout outside (this can be on a deck, front/back yard, in front of your apartment building)
- [Outdoor workout #2](#)

## Practice on your own:

- Complete the workout outside around your house/apartment.
- Each exercise is 20 reps with 5 sets; 2 minute break between each one
- Complete the exercises 20 times:
  - Jumping jacks
  - Lunges
  - Calf raises
  - Side leg raises
  - Tricep dips



## **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: What are some different ways to exercises/be active outside?

## 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



# Additional Resources

- [Side leg raise](#)
- [Tricep dip](#)