



Personal Fitness Virtual Learning

Kickboxing Workout

May 11, 2020



7/8th Grade Personal Fitness

Lesson: [May 11th 2020]

Learning Target:

Participates in a variety of strength and endurance fitness activities such as Pilates, resistance training, bodyweight training and light free-weight training. (S3.M3.7)

Essential Question: How does kickboxing relate to strength and endurance training?

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

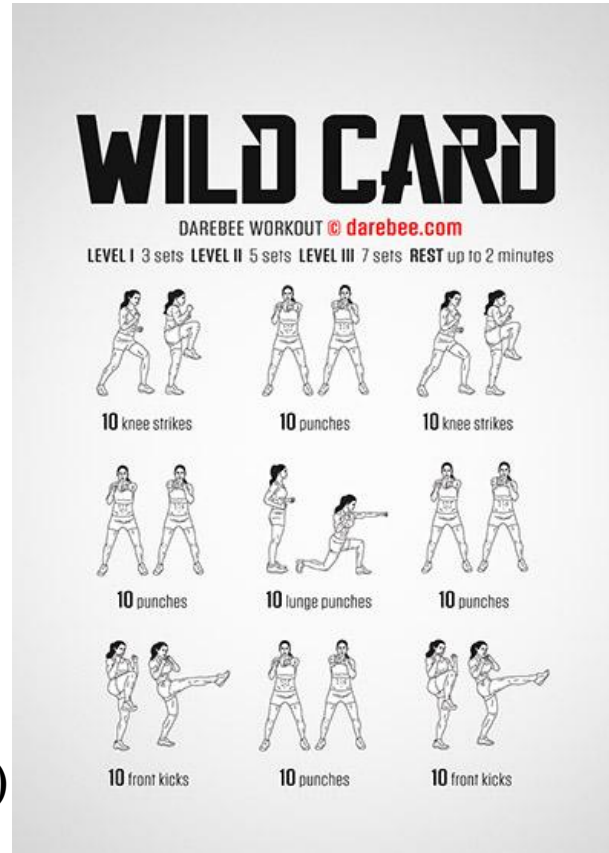
- **Students will complete a workout designed for home**
- **Students will complete a workout over kickboxing**

Let's Get Started:

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

Practice #1

- Complete level one of the workout card:
 - 3 sets of each exercise
 - 10 knee strikes
 - 10 punches
 - 10 knee strikes
 - 10 punches
 - 10 lunge punches
 - 10 punches
 - 10 front kicks
 - 10 punches
 - 10 front kicks
- (go to additional resources for examples)



Practice #2

- Complete level one of the workout card:

- 3 sets of each exercise
- 20 sec knee strikes
- 20 sec punches
- 20 sec knee strikes
- 20 sec punches
- 20 sec squat hold punches
- 20 sec punches
- 20 sec sitting punches
- 20 sec sit up punches
- 20 sec sitting punches

(go to additional resources for examples)



Practice on your own:

- Complete the workout [video](#)

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: Identify which workout was muscular strength and which one was muscular endurance

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:

- [Knee strikes](#)
- [Sitting punches](#)
- [Lunge punches](#)
- [Front kicks](#)
- [Squat hold punches](#)