



Personal Fitness Virtual Learning

Zumba Workout

May 12, 2020



7/8th Grade Personal Fitness

Lesson: [May 12th 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 is Zumba muscular strength or 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 Zumba**

Let's Get Started:

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

Practice #1

- Click on the [link](#) to understand the benefits of Zumba before starting any routine
- Complete the [Zumba](#) workout video (this is beginners video so movements are slow)
- Complete the [Zumba](#) workout video (this is beginners video so movements are slow)

Practice #2

- Complete the [Zumba](#) workout (this workout has faster movements and is more challenging; keep trying and do not give up!)

Practice on your own:

- Go to [Youtube](#) and complete two more routines of your choice. The link will take you 50+ videos of Zumba workout for beginners
- When you are finished, complete a [3-2-1](#) over Zumba (you will have to make a copy in order to edit it)

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: How is Zumba a benefit to your healthy lifestyle?

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