



Personal Fitness Virtual Learning

**Resistance Training**

**Workout**

**May 13, 2020**



## 7/8th Grade Personal Fitness

Lesson: [May 13th 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 can resistance training improve my overall strength?**

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

- **Students will complete a workout designed for home**
- **Students will be able to explain what resistance training is**

**Let's Get Started:**

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

## Practice #1

- Click on the [link](#); read the information and add important details onto an [AVID](#) note page. Watch the video as well adding to your notes in **RED** on the same AVID note sheet.

## Practice #2

- Based on the information learned from link on the previous slide; add to your notes in **BLUE** 5 ways to complete a resistance training workout at home.
- In the same color, create a resistance training warm-up (this should be 5-10 minutes long)

## Practice on your own:

- Complete the workout [video](#)
- After the workout is over, review your notes and write in **PURPLE** how this workout was resistance training for your body.

## **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 resistance training good for overall strength?

## Self Check:

Go tell someone in your home your answers.



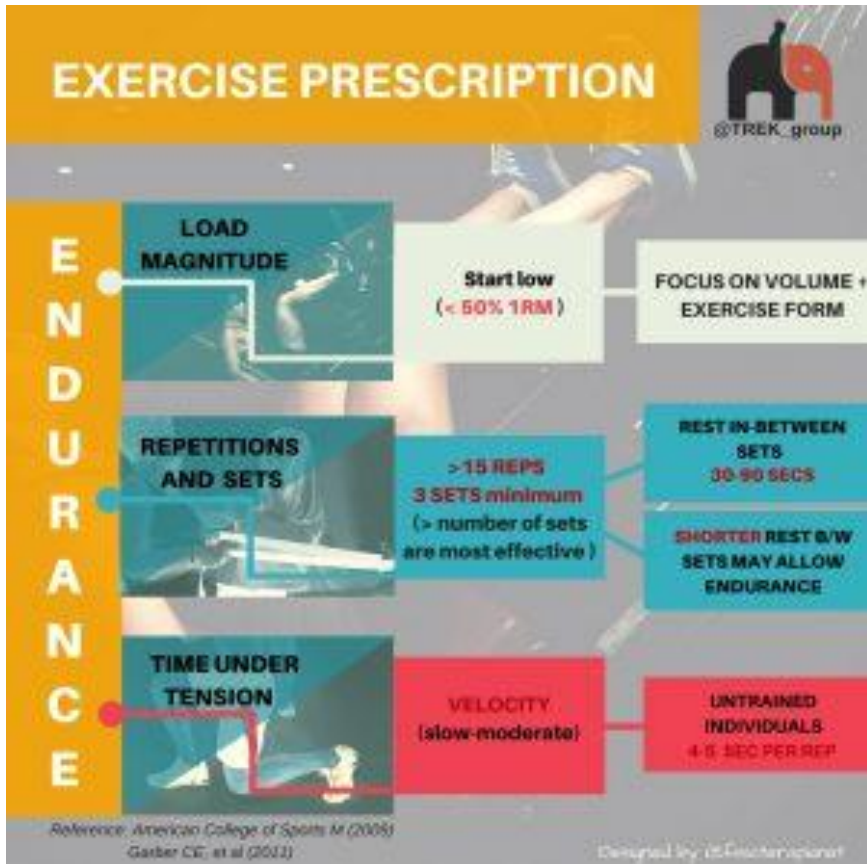
1. Was this lesson?

- easy,
- just right
- hard

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



# Additional Resources (charts found at [link](#))



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