



PE/Health Virtual Learning

**7th & 8th Personal Fitness &
Wellness Review**

April 10, 2020



7th & 8th Grade Personal Fitness & Wellness
Lesson: [April 10th 2020]

Learning Target:

Students will be able to analyze technique of selected exercises
and track a personal activity log
Fitness Knowledge; compare and contrast health-related fitness
components

NASPE Standard S3.M7

Fitness Component Review

Essential Question

Which exercises are related to muscular endurance?

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

- **Students will complete a workout designed for home**
- **Students will name the exercises related to muscular endurance**

Let's Get Started:

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

Practice #1

- Review the five fitness components provided at this [website](#).
- After reviewing the differences in the components, complete 5 exercises for each one (for example 20 jumping jacks for cardiovascular endurance)

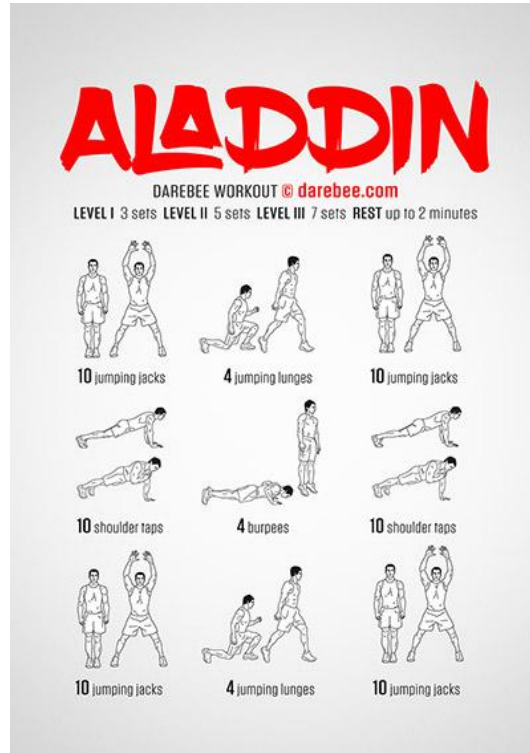
Practice #2

- Complete the workout specifically related to muscular endurance:
 - there are 3 levels
 - 3 sets
 - 5 sets
 - 7 sets
 - take a 2 minutes break between each set
- 20 sec mountain climbers
- 20 sec left side plank
- 20 sec mountain climbers
- 20 sec right side plank
- 20 sec plank rotation
- 20 sec left side plank
- 20 sec flutter kicks
- 20 sec right side plank
- 20 sec flutter kicks



Practice on your own:

- Complete the workout **HOWEVER** this time change some of the exercises into muscular endurance.
- Complete level one 3 sets; rest 2 minutes between each sets
 - 10 jumping jacks
 - 4 jumping lunges
 - 10 jumping jacks
 - 10 shoulder taps
 - 4 burpees
 - 10 shoulder taps
 - 10 jumping jacks
 - 4 jumping lunges
 - 10 jumping jacks



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 makes an exercises 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:

- [Flutter Kicks](#)
- [Jump Lunge](#)
- [Plank Rotations](#)