



PE/Health Virtual Learning

**7th & 8th Personal Fitness**

**Lower Body Workout**

**April 09, 2020**



## 8th Grade Personal Fitness

Lesson: [April 9th 2020]

### Learning Target:

Participates in a variety of strength and endurance fitness activities such as Pilates, resistance training, body- weight training and light free-weight training.

**NASPE Standard (S3.M3.7)**

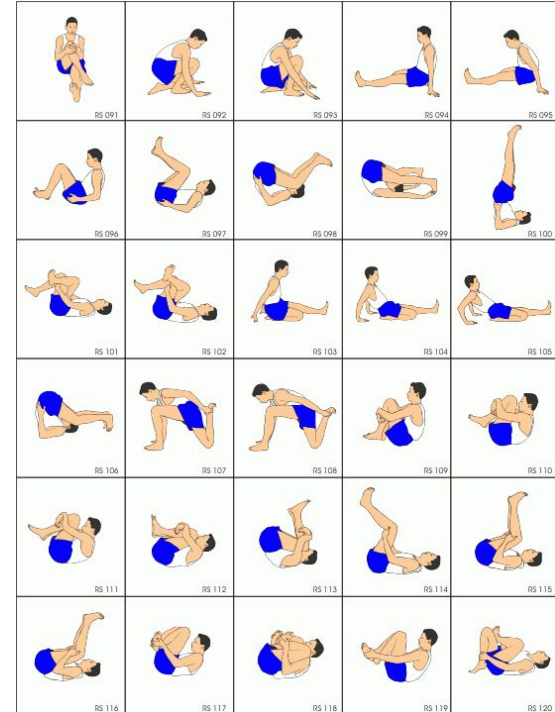
# LESSON OBJECTIVE/ESSENTIAL QUESTION

**Daily Essential Question/Objective: I can perform a lower body workout with demonstrating the correct technique.**

Your objective is to complete to workout for the day. During this physical activity workout, your heart rate is raised. You can complete this workout inside or outside.

# WARM UP

1 minute jog in an area three different times (3 minutes total). Next, stretch your legs, back, and abdominals for 15 seconds each (remember to stretch left and right side). This should take about 5 minutes.



# PRACTICE

Complete the workout to the best of your ability and with the correct technique. Focus on your breathing and try to do as many as you can in a row. After each exercise, you can take a 15-30 second break before moving on to the next exercise.

# 25 SQUATS OR 15 JUMP SQUATS



# 20 LUNGES PER LEG (40 TOTAL)



# 20 SINGLE-LEG CALF RAISE (40 TOTAL).



You can do this standing with no equipment, you can use steps, or stand on something. Make sure your heel doesn't touch the ground.



# 50 STEP UPS



You get to choose!!!

Use a stair or something that you can step up on to perform this exercise. You will step up and down as quickly as you can.

If you want to jump with two feet up to the next stair, you only need to 25.

If you want to hop up to the next stair, you only need to do 20 total (10 left and 10 right).

# 1 MINUTE WALL SIT

## ANATOMY OF A PERFECT WALL SIT



# BREAK AND START ON SECOND SET.

Take a 5 minute break to catch your breath and drink some water.

Once this is done, complete the same 5 exercises again. You are doing two sets during this work out. You will complete slide 5-9 again. Once done with second set, move to the next slide.



# COOL-DOWN

Stretch your legs and any other body part that is sore for 15 seconds each (remember to stretch left and right side).

If you need a cool down video, follow this one:

**Cool Down**