



PE/Health Virtual Learning

# 7th & 8th Upper Body Workout

April 08, 2020



## 7th & 8th Grade Personal Fitness Lesson: [April 8th 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 an upper 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

30 second jog in an area. Next, stretch your arms, shoulders, back, and abdominals for 15 seconds each (remember to stretch left and right side). Lastly, perform 10 big arm circles going clockwise and counterclockwise for each arm (20 per arm or 40 total, make sure you feel the stretch). This should take about 5 minutes. If you need ideas, follow the video: [Warm Up](#)



## Stretches for the Hands, Arms & Shoulders

Approximately 4 Minutes

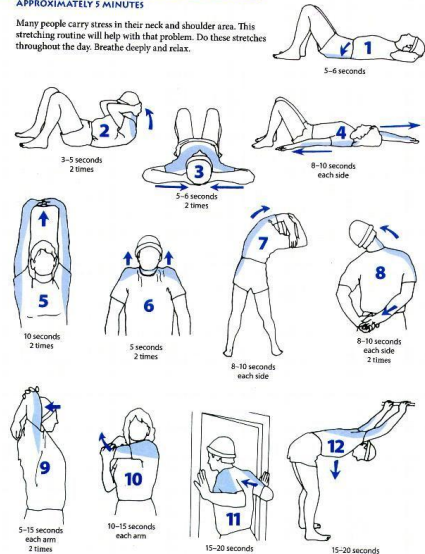
This series of stretches works for repetitive stress problems in the hands and arms. Breathe naturally, stay comfortable, and be relaxed as you stretch.



## STRETCHES FOR NECK, SHOULDERS & ARMS

APPROXIMATELY 5 MINUTES

Many people carry stress in their neck and shoulder area. This stretching routine will help with that problem. Do these stretches throughout the day. Breathe deeply and relax.



# 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.



# 10 Push ups or 20 modified push ups



# 20 Plank taps per shoulder (40 total)

Start in a high plank with your palms flat, hands shoulder-width apart, shoulders stacked directly above your wrists, legs extended behind you, and your core and glutes engaged.

- Tap your right hand to your left shoulder while engaging your core and glutes to keep your hips as still as possible.
- Do the same thing with your left hand to right shoulder. That's 1 rep.
- Continue, alternating sides.
- To make this easier, try separating your legs a little more.

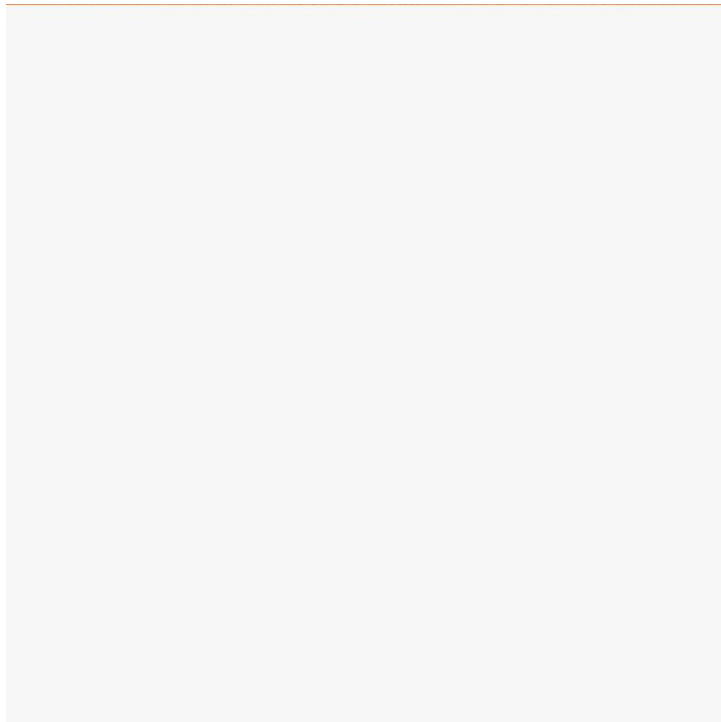
## 30 Second side plank on left and right



You can hold your arm up if you want to, but if this is too hard, you can put your arm on side.



## 20 Forearm Plank Reach Out per arm (40 total)



- Start in a forearm plank position, with your elbows directly under your shoulders, hands facing forward so your forearms are parallel, core engaged, hips level, and legs extended straight behind you.
- From this position, reach your right hand forward and tap the floor in front of you. Return your right hand to your starting position, and then reach forward with your left hand to tap the floor in front of you.
- Continue to alternate sides as you focus on keeping your hips steady throughout.
- Make it easier: If this exercise feels too challenging, take your feet wider than hip-width apart. The wider your feet, the easier the move should be.

# 15 Dips, you can use a chair, couch or stairs.



# 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 arms, shoulders, back, and abdominals for 15 seconds each (remember to stretch left and right side).

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

[Cool Down](#)

