



Personal Fitness Virtual Learning

7/8 Core workout

April 16, 2020



7/8 Grade Personal Fitness & Wellness

Lesson: [April 16th 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. (S3.M3.7)



Daily Essential Question/Objective: I can perform a core 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:

Stretching your core for 3 minutes before completing the workout. I have provided some pictures of examples. Hold the stretch for 15-30 seconds each. You should be choosing at least 8-10 different stretches and hold each stretch for 15-30 seconds. Remember, if you stretch the left side, you must do the same to stretch the right. Also, stretching the left and right, only counts as one stretch.





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.

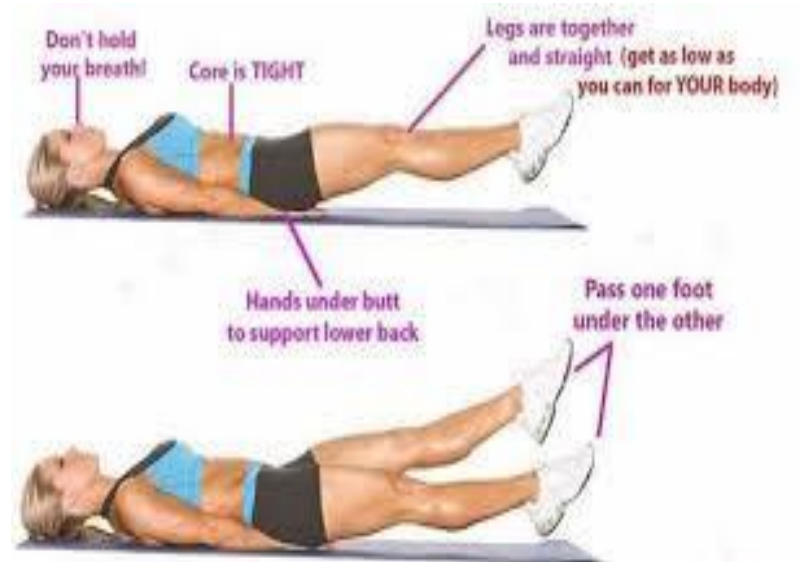
25 Crunches

- Lie down on your back. Plant your feet on the floor, hip-width apart. Bend your knees and place your arms across your chest. Contract your abs and inhale.
- Exhale and lift your upper body, keeping your head and neck relaxed.
- Inhale and return to the starting position.



25 Flutter Kicks

- Keep your lower back on the ground as you lift the right leg off the ground slightly past hip height
- lift the left leg so it hovers a few inches off the floor. Hold for 2 seconds, then switch the position of the legs, making a **flutter kick** motion.
- For more of a challenge, lift your head and neck off the floor



1 minute 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 Sitting Twist per side (40 total)

- Lie on your back with your knees slightly bent. Keep the soles of your feet flat on the floor and lightly touch your temples with your hand.
- Lift up your torso and bend to the right until your left elbow touches your right knee.
- Repeat the movement on the opposite side and continue, maximising each repetition



25 Leg Raises

- Lie on your back, **legs** straight and together.
- Keep your **legs** straight and lift them all the way up to the ceiling until your butt comes off the floor.
- Slowly lower your **legs** back down till they're just above the floor. Hold for a moment.
- **Raise** your **legs** back up. Repeat.



20 Knee-to-elbow per side (40 total)

- Standing with your hands behind your head with your elbows wide. Lift your right knee up as you twist to the right, pulling your abs toward your spine.
- Lower your right leg to complete one rep. Switch sides bringing your left knee up and twisting to the left.



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 5-10 again. Once done with second set, move to the next slide.



Cool down:

Stretching your core for 3 minutes before completing the workout. I have provided some pictures of examples. Hold the stretch for 15-30 seconds each. You should be choosing at least 8-10 different stretches and hold each stretch for 15-30 seconds. Remember, if you stretch the left side, you must do the same to stretch the right. Also, stretching the left and right, only counts as one stretch.





All Done!!!!

Nice job with completing the workout. Answer the following questions:

- Did you think the workout was easy, kind of hard, or hard? Why do you think this?
- What exercise did you find hard and why?
- Do you think you performed all the exercise with the correct technique (yes/No) and why?