



PE/Health Virtual Learning

7/8th Strength and Conditioning

April 28, 2020



7th/8th Strength and Conditioning
Lesson: April 28, 2020

Objective/Learning Target:

Participates in a variety of strength and endurance-fitness activities such as weight or resistance training.

NASPE (S3.M4.7)

Essential Question: What types of body weight exercises can you do at home to increase your muscular strength in your pectoral, latissimus dorsi, and trapezius muscles?

Learner Objective: Through this workout you will learn how to increase muscular strength in your pectoral (chest), latissimus dorsi (back), and trapezius (back/neck).

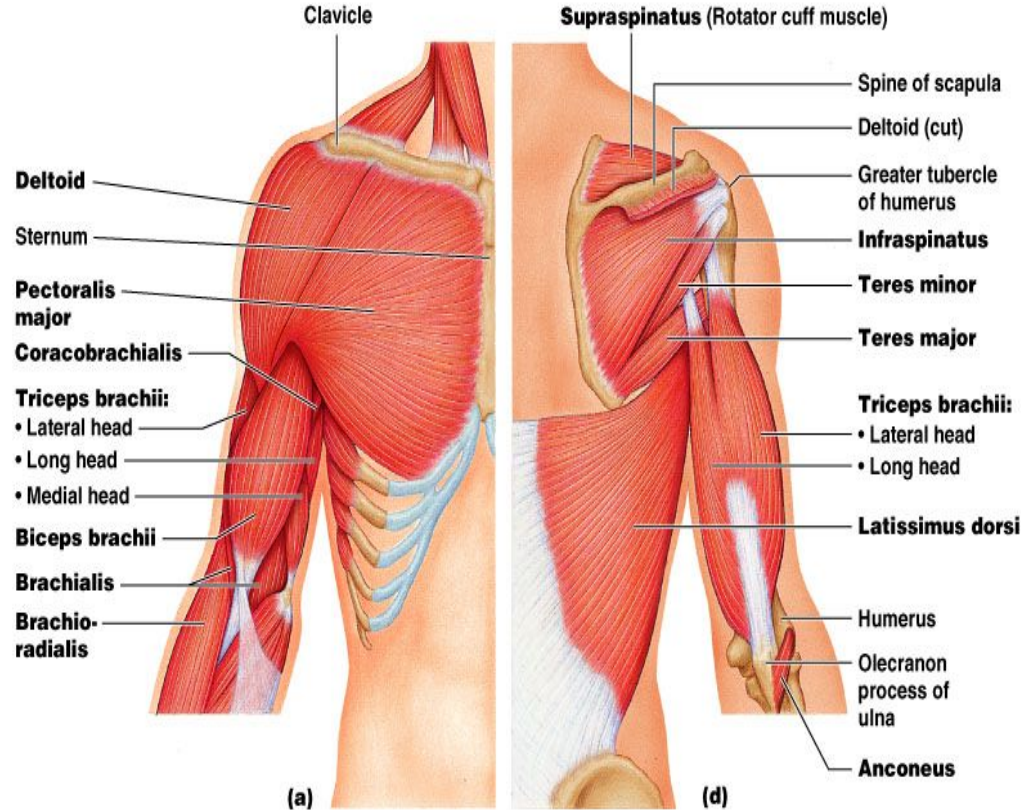
Reminder: You may increase your external load (weight used), or increase the sets (number of rounds you perform the activity) and repetitions (number of times you perform the activity continuously in a set) to meet your physical needs. You may also modify the exercises to meet your needs as well.

Practice: Getting to know your muscular system

Can you identify the muscle groups named in the previous slide on your body?

Reference the picture to the right to identify the muscles you will be isolating during today's workout.

How many exercises can you name to work these specific muscle groups?



Warm Up: Purpose to increase heart rate and blood flow.

Jumping Jacks: 25 Use your school mascot instead of your regular cadence. Bear Jacks, Patriot Jacks and Panther Jacks

Arm Circles: move in forward direction for 30 sec using small circles, then backwards for 30 sec. Do 2 sets, small circles one set, big circles the second set.

Upper Body Stretch: 15 sec each arm Shoulders (arm across the chest),

Chain Breakers: 30 Sec. Start with both arms apart at shoulder level then bring arms across your chest to the opposite side of your body.

Overhead Tricep Stretch: 15 sec each arm

Carioca: 2 sets, 15 sec or 20 feet

Sprints: 20-40 feet, 2 at 50%, 2 at 75%, 2 at 100%

Work out

Push Ups: 4 sets of 10

Rotating Plank: 4 sets of 10

Bent over row: 4 sets of 10

you can use household items to increase weight, soup cans, gallon jugs of water, backpacks.

Shoulder Press: 4 sets of

10 you can use household items to increase weight, soup cans, gallon jugs of water, backpacks.

Chest Press: 4 sets of 10 you

can use household items to increase weight, soup cans, gallon jugs of water, backpacks.

Deadlifts: 4 sets of 10 you can

use household items to increase weight, soup cans, gallon jugs of water, backpacks.

Bent over lateral raise: 4

sets of 10 you can use household items to

increase weight, soup cans, gallon jugs of water, backpacks.

Upright Row: 4 sets of 10 you

can use household items to increase weight, soup cans, gallon jugs of water, backpacks.

Cool Down

After your workout complete the warm-up stretching routine again.

Do not complete the Carioca or the Sprints

Cardio: Walk for 5 minutes or 100 jumping jacks doing 4 sets of 25

Self Reflection:

Could you feel the isolation of your pectorals, latissimus dorsi, and trapezius?

Which exercise do you feel isolated your pectorals better the push up or the chest press, why?

What modifications could you make to make this workout more difficult or easier to reach your full potential?