



PE/Health Virtual Learning

Strength & Conditioning 7th&8th

May 5th, 2020



7th+8th Grade Strength & Conditioning Lesson: May 5th, 2020

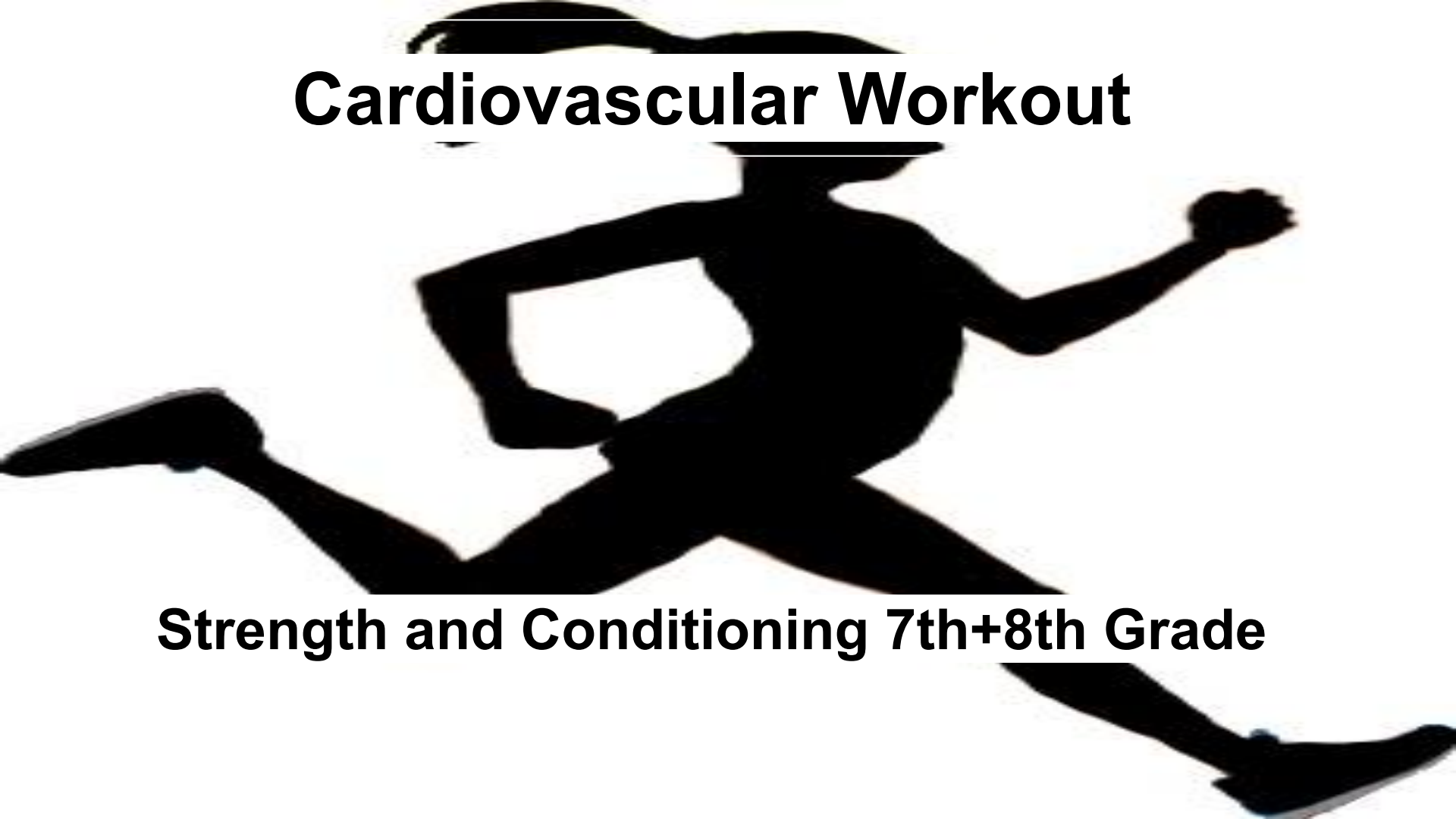
Objective/Learning Target:

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

Cardiovascular Workout



Strength and Conditioning 7th+8th Grade

Essential Question and Lesson Objective.

EQ: What is the best way to build endurance?

LO: The lesson objective is for you to understand there are multiple ways to increase endurance.

Dynamic Warm-Up

This warm-up should take about 2-3 mins if done the proper way.

- ❑ **25 Jumping Jacks**- Use your school's mascot in your cadence. Bear Jacks, Patriot Jacks and Panther Jacks. Instead of counting say your mascot 10 times.<https>
- ❑ [Air Squats](#) 15 resp
- ❑ [Toy Soldier](#) 20 Feet
- ❑ **High Knees** -15 ft , jog 15 ft
- ❑ **6 Sprints**- 2 @50%, 2@75% and 2 @100% 30 ft
- ❑ Carioca- 15 ft, jog 15 ft

Instructional Videos and Workouts!

Remember to modify this workout to fit your physical needs.

- ❑ [Agility Ladder](#) Pick 12 of your favorite ladder exercises from the video. Do each one that you choose 6 times! Limit your rest time if possible. Use chalk to create a ladder on the pavement. Boxes should be 1 foot by 1 foot. There should be 10 boxes.
- ❑ **Jump Rope or no Rope Jump.** Choose any jumps you are comfortable with and perform 4 sets for 40 seconds.
- ❑ **20 minute Jog around!** Make sure to have a good pace.
- ❑ **Cool Down.** Walk 3-5 mins.

Reflection.

- How does your body feel right now?
- What would you change about the workout?
- What was your favorite ladder exercise?
- What was your least favorite ladder exercise?
- What was your heart rate during the workout?
- Try to keep your heart rate in the healthy zone.