

PE/Health Virtual Learning

Strength & Conditioning 7th &8th

May 11th,2020

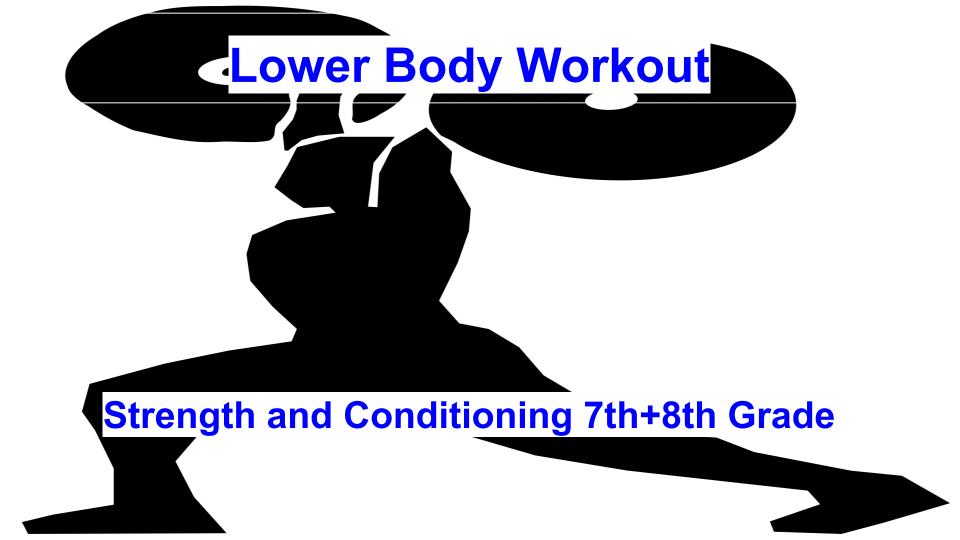


7th+8th Grade Strength & Conditioning Lesson: May 11th,2020

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



Essential Question and Lesson Objective.

EQ: How can I increase muscular strength in the lower half of my body?

LO: To improve lower half body strength by incorporating a different variety of exercises that specifically target quadriceps, hamstrings and gastrocnemius muscles.

Dynamic Warm-Up

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

Modify this workout to fit your physical needs.

- 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

Lower Body Workout. No equipment needed.

- Exercise 1- Back Squat. 4 sets of 10 with 20 seconds of rest between sets.

 Use a broom or mop to simulate a bar. Use a weighted backpack. Back Squat
- Exercise 2- Squat Jumps. 4 sets of 10 with 20 seconds rest between sets.

 Squat Jumps
- Exercise 3- Stiff Leg Deadlift. 4 sets of 10 with 20 seconds of rest between sets. Use jugs or soup cans for weight/ Mop or broom stick also. Stiff Leg Deadlift
- Exercise 4- Calf Raises. 4 sets 20 with 20 seconds of rest between sets. To challenge yourself find a curb or a step to perform this exercise. Calf Raise

Exercises Continued.

- Exercise 5- Push-Ups. 4 sets of 20 with 20 seconds of rest between each set.
- Exercise 6- Cardiovascular Work- 15 minute jog.
- ☐ Cool down- walk and focus on breathing. 5 mins

Total Time with warm up and cool down should be around 30 minutes.

Reflection.

- How does your body feel right now?
- What would you change about the workout?
- What was your favorite exercise?
- What was your least favorite exercise?
- When doing Back Squats, which muscles are you using?
- When doing Squat Jumps, which muscles are you using?
- When doing Stiff Leg Deadlift, which muscles are you using?
- When doing Calf Raises, which muscles are you using?