



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

A black silhouette of a person in a squatting position, viewed from the side. They are holding a barbell across their upper back. The barbell is represented by a thick black horizontal bar with circular weights on both ends. The person's legs are bent at the knees, and their torso is upright. The background is white.

Lower Body Workout

Strength and Conditioning 7th+8th Grade

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?