



PE/Health Virtual Learning

# Strength & Conditioning 7th&8th

May 13th, 2020



## 7th+8th Grade Strength & Conditioning Lesson: **May 13th, 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 horizontal line with circular weights at each end. The person's torso is upright, and their legs are bent at the knees, with the feet flat on the ground. The background is white.

Full Body Workout

Strength and Conditioning 7th+8th Grade

# Essential Question and Lesson Objective.

EQ: How can I increase muscular strength during a full body workout?

LO: Is to improve muscular strength throughout your entire body by using a variety of exercises that do not specifically target one muscle group.

# Dynamic Warm-Up

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

Remember to modify this workout to fit your physical needs. Add reps, subtract reps, add time or subtract time.

- ❑ **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>
- ❑ **15 Air Squats**
- ❑ **Toy Soldier**- 15 ft, jog 15ft
- ❑ **High Knees** -15 ft , jog 15 ft
- ❑ **6 Sprints**- 2 @50%, 2@75% and 2 @100% 30 ft
- ❑ Carioca- 15 ft, jog 15 ft-<https://www.youtube.com/watch?v=CMeuCmzKf84>

# Full Body Workout.

- ❑ **Over Head Squats**- 4 sets of 10 with 20 second rest in between sets. Options for bar are a mop or broom. You may also just raise your hands over your head to simulate a bar. [Over Head Squats](#)
- ❑ **Calf Raises**- 4 sets of 20 with 20 second rest in between sets. Use stairs or a sidewalk to make the exercise more difficult. [Calf Raises](#)
- ❑ **6 inch abdominal holds**- 4 sets while holding for 20 seconds. 20 second rest between each set. [6 inch Abdominal Holds](#)
- ❑ **Bird Dog**- 3 sets 20 total reps with 10 on each side. Or you may hold the position for 20 seconds. [Bird Dog](#)

# Full Body Workout Continued.

- ❑ **Planks-** 3 sets with a 30 second hold. 20 second rest between sets.

[Planks](#)

- ❑ **Pro Agility-** 15 reps full speed with good form in 7 minutes. [Pro Agility](#)

- ❑ **Cool Down-** walk for 3 minutes.

# Reflection.

- How do you feel right now?
- What muscles do you feel are sore?
- What was your favorite exercise and why?
- What was your least favorite exercise and why?
- What would you change about this workout?
- When completing Overhead squats, which muscles are you using?
- When doing Bird Dog exercise, which muscles are you using?