



PE/Health Virtual Learning

# Strength & Conditioning 7th & 8th

## Upper Body Workout

**May 14th, 2020**



## 8th Grade Strength & Conditioning

Lesson: **May 14th 2020**

### **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 my upper body?

Your objective is to improve upper body muscular strength by using a variety of exercises that target these muscles.  
(Deltoid, Trapezius, Pectoral, Bicep and Tricep)

# Dynamic Warm-Up.

**This warm-up should take 2-3 minutes when done properly.**

- ❑ 25 Jumping Jacks. Use your school mascot instead of your regular cadence. Bear Jacks, Patriot Jacks and Panther Jacks.
- ❑ [15 Air squats](#).
- ❑ [Toy Soldier](#) 15 feet then jog 30 feet.
- ❑ [High Knees](#) 15 feet and jog 30 feet
- ❑ 6 sprints 2 @50% 2 @75% 2 @100%. 30 Feet

# Upper Body Workout.

**After each set you will have a thirty second rest! As reminder you may modify this workout to meet your physical needs and limitations.**

- ❑ **Bicep Curls-** 4 sets of 20. Use soups cans, mop, or broom to simulate dumbbells and barbell. [Bicep Curls](#)
- ❑ **Chair Dips-** 3 sets of 20. [Chair Dips](#)
- ❑ **Push- Ups-** 4 sets of 20.
- ❑ **Shoulder Shrugs-** 4 sets of 15. Gallon jugs to simulate dumbbells. Broom or mop with backpacks on each side to simulate barbell with plates. [Shoulder Shrugs](#)

# Upper Body Workout Continued.

- ❑ **Front Raises-** 4 sets of 25. Use soup cans or a broom. [Front Raises](#)
- ❑ **Bird Dog-** 4 sets. 2 sets on each side. Hold 30 seconds. [Bird Dog](#)
- ❑ **Russian Twist-** 4 sets 20. [Russian Twist](#)
- ❑ **Toe Taps-** 4 sets of 20. [Toe Taps](#)
- ❑ **Cool Down-** Walk for three 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 doing Chair Dips, which muscles were you using?
- When doing Shoulder Shrugs, which muscles were you using?