



PE/Health Virtual Learning

Strength & Conditioning 7th&8th

Flex Friday

April 24th, 2020



7th+8th Grade Strength & Conditioning
Lesson: April 24th, 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

Flex Friday Workout #2

Essential Questions and Lesson Objective.

EQ: What does the word flex mean? When flexing a muscle what happens?

LO: To understand what happens when there is constant tension on muscles being contracted.

Muscle flexing is more accurately known as muscle contraction, because when you flex your muscles you're creating tension that's temporarily making the muscle fibers smaller or contracted. ... So, instead of moving weights, the muscle is being strengthened by holding still.

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>
- **[15 Air Squats](#)**-
- **[Toy Soldier](#)**-
- **High Knees** -15 ft , jog 15 ft
- **6 Sprints**- 2 @50%, 2@75%, and 2 @100% 30 ft

Flex Friday #2 Instructional Videos and Workout.

You will have three rounds of thirty seconds with each exercise. Do as many as you can in thirty seconds. Rest when needed and modify at any time to fit your needs!

- Push-Ups
- [DB Curls](#)
- [DB Shoulder Press](#)
- [Abdominal Bicycles](#)

Reflection.

- When you flex your biceps how did you it feel?
- What was your favorite exercise and why?
- What was your least favorite exercise and why?
- How would you modify this workout to best fit your needs?