



PE/Health Virtual Learning

**Strength & Conditioning 7th & 8th**  
**Upper Body Workout**

**May 15th, 2020**



7th & 8th Grade Strength & Conditioning  
Lesson: **May 15th 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 the 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
- ❑ Carioca- 15 feet then jog 15 feet-<https://www.youtube.com/watch?v=SfJLsVnxnCE>

# 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.

- ❑ **Hammer Curls-** 4 sets of 12. Use soups cans, mop, or broom to simulate dumbbells and barbell. [Hammer Curls](#)
- ❑ **Tricep Extension-** 3 sets of 15. Use a Gallon Jug or Soup Can. [Tricep Extension](#)
- ❑ **Push- Ups-** 4 sets of 15.
- ❑ **Barbell UpRight Row-** 4 sets of 15. Broom or mop with backpacks on each side to simulate barbell with plates. [Barbell UpRight Row](#)

# Upper Body Workout Continued.

- ❑ **Side Deltoid Raises-** 4 sets of 20. Use soup cans. [Side Deltoid Raises](#)
- ❑ **DB Lawn Mower Pulls-** 4 sets of 12 on each arm. Use soup cans or gallon jugs. [DB Lawn Mower Pull](#)
- ❑ **Shoulder Taps-** 4 sets 20 10 reps on each shoulder tap. [Shoulder Tap](#)
- ❑ **Abs Toe Touches-** 4 sets of 20. [Abs Toe Touches](#)
- ❑ **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 Hammer Curls, which muscles are being used?
- When doing Push-ups, which muscles are being used?