



PE/Health Virtual Learning

# Strength & Conditioning 7th & 8th

## Upper Body Workout

**May 18th, 2020**



7th & 8th Grade Strength & Conditioning  
Lesson: **May 18th 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-

# Upper Body Workout.

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

- ❑ **Hammer Curls-** 3 sets of 10 . Use soups cans, mop, or broom to simulate dumbbells and barbell. [Hammer Curls](#)
- ❑ **Tricep Extension-** 3 sets of 12. Use a Gallon Jug or Soup Can. [Tricep Extension](#)
- ❑ **Push- Ups-** 3 sets of 20.
- ❑ **Barbell UpRight Row-** 3 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-** 2 sets of 20. Use soup cans. [Side Deltoid Raises](#)
- ❑ **DB Lawn Mower Pulls-** 2 sets of 10 on each arm. Use soup cans or gallon jugs. [DB Lawn Mower Pull](#)
- ❑ **Shoulder Taps-** 3 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?