



PE/Health Virtual Learning

Strength & Conditioning 7th&8th

May 19th, 2020



7th+8th Grade Strength & Conditioning
Lesson: **May 19th, 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

Essential Question and Lesson Objective.

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

Your objective 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 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

Instructional Videos and Workout.

Remember to modify this workout to fit your specific physical abilities.

- [Squat Jumps](#)- 4 sets of 5. Explode jump as high as possible!
- [Skater Exercise](#)- 4 sets 5. Over and Back is 1 rep.
- [Bulgarian Split Squat](#)- 2 sets of 10 each leg.
- [Single Leg RDL](#)- 3 sets of 10
- [Bent Over Row](#)- 3 sets of 10
- [Plank 1 Leg Alternating Raise](#) -3 sets of 10
- Push- Ups- 3 sets of 20 or to failure.

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?
- Was your heart rate in Healthy Fitness zone?