



PE/Health Virtual Learning

# Strength & Conditioning 7th&8th

May 21st, 2020



## 7th+8th Grade Strength & Conditioning Lesson: May 21st, 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

# **Body Weight Workout**



**Strength and Conditioning 7th+8th Grade**

# **Essential Question and Lesson Objective.**

**EQ:** What are the advantages of working out with just your bodyweight?

**LO:** To understand the advantages of working out with just your bodyweight. Some advantages are being able to train anywhere, body awareness, decrease body fat and improve muscular fitness.

# Dynamic Warm-Up

This warm-up should take about 2-3 mins if done the proper way. Modify this workout to fit your physical needs.

- ❑ **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>
- ❑ [Air Squats](#) 15 resp
- ❑ [Toy Soldier](#) 20 Feet
- ❑ [High Knees](#) -15 ft , jog 15 ft
- ❑ **6 Sprints**- 2 @50%, 2@75% and 2 @100% 30 ft
- ❑ [Carioca](#)- 15 feet-

# Instructional Videos and Workout,

**These exercises will be used throughout the workout. Remember to modify the workout to fit your physical ability. Rest as needed between sets. Add or subtract repetitions to fit your needs.**

- ❑ [Dead Bug](#) 2 sets of 20 reps. 10 for each side.
- ❑ [Glute Bridge Iso Hold](#) 3 sets and hold for 20 seconds.
- ❑ [Russian Twist](#) 3 sets of 20 reps
- ❑ [Plank](#) 2 sets hold for 20 seconds
- ❑ [Alternating Forward Lunge](#) 2 sets 20 reps. 10 on each leg.
- ❑ [Alternating Lateral Lunge](#) 2 sets of 20. 10 on each leg.
- ❑ Push-Ups- 3 sets of 15.

# Reflection.

- How does your body feel right now?
- What would you change about the workout?
- What was your favorite exercise?
- What was your least favorite exercise?
- When doing a Plank, which muscles are you using?
- When doing Forward Lunge, which muscles are you using?
- When doing Lateral Lunge, which muscles are you using?
- When doing Push-ups, which muscles are you using?