



**PE/Health Virtual Learning**

**Strength & Conditioning 7th&8th**

**April 29th, 2020**



7th+8th Grade Strength & Conditioning  
Lesson: April 29th, 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.

S3.M3 Engages in physical activity.

S3.M3.7

# 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?