



PE/Health Virtual Learning

Strength & Conditioning 7th&8th

May 1st, 2020



7th+8th Grade Strength & Conditioning Lesson: May 1st, 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



CROSSFIT

Essential Question and Lesson Objective.

EQ: What is Crossfit?

LO:Your objective is to understand that CrossFit is a form of high interval training. Crossfit incorporates various movements and they are to performed at a high intensity level.

S3.M3 Engages in physical activity.

S3.M3.7

CFWU= Crossfit Warm up

Modify this workout to adapt to your physical needs. Less reps, time and more rest are all options during this workout. Good Luck!

CFWU- 2 rounds of 10 reps for each exercise.

- [Sampson Stretch](#)
- Overhead Squat
- Sit Ups
- [Chair Dips](#)
- Push-Ups

The Crossfit Murph Workout.

Why is this workout called the Murph?

Murph is a popular workout created by Crossfit in memory of Navy Lt. Michael Murphy who died in Afghanistan. This workout is always done on Memorial day to celebrate his life. This workout is modified from the original version. The original version will be listed first and then the modified version next. You will do all these exercises consecutively until completed. Make sure to time yourself and then record it for future reference.

The Murph Workout. Good Luck!

- 1 mile run or 5 minute jog
- 100 pull-ups or 35 Burpees
- 200 push-up or 50 push-ups
- 300 Air Squats or 100 Air Squats
- 1 mile run or 5 minute jog
- Record your time!

Reflection.

- Did the Murph workout challenge you?
- 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?