



PE/Health Virtual Learning

7/8th Strength and Conditioning

April 23, 2020



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Lesson: April 23, 2020

Objective/Learning Target:

Participates in a variety of strength and endurance-fitness activities such as weight or resistance training.

NASPE (S3.M4.7)

Essential Question: What muscles work in pairs in your lower body?

Learner Objective: Through this workout you will learn how your muscles work in pairs to move your skeletal system (bones). You will also develop muscular strength in your Hamstring, Quadricep, and Gluteus Maximus muscles through a variety of exercises.

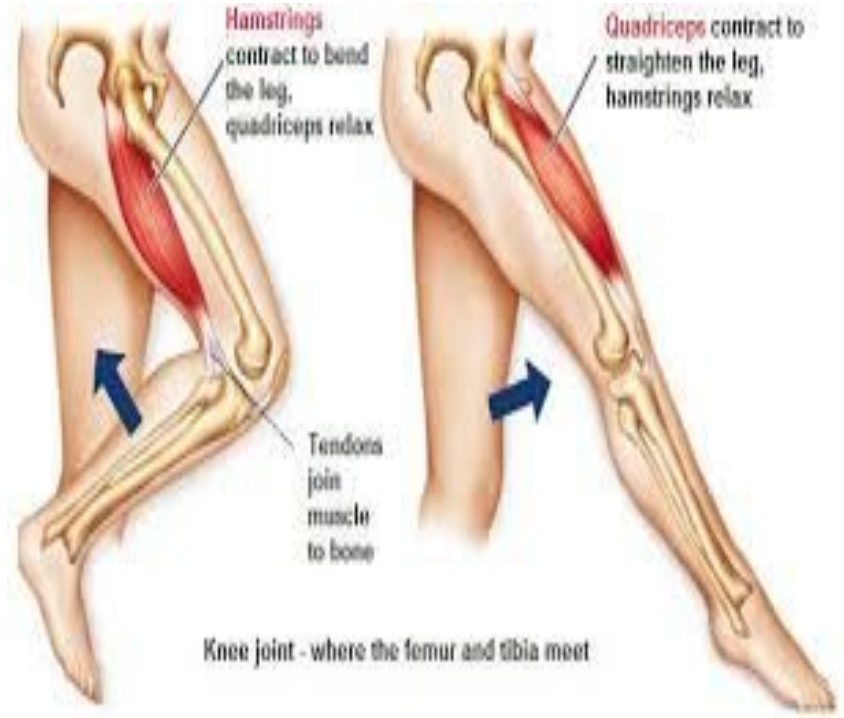
Reminder: You may increase your external load (weight used), or increase the sets (number of rounds you perform the activity) and repetitions (number of times you perform the activity continuously in a set) to meet your physical needs. You may also modify the exercises to meet your needs as well.

Practice: Muscles working in pairs

Newton's 3rd Law: For every action there is an opposite and equal reaction. This law applies to your muscles, when one muscle contracts (flexes) there is another muscle that extends (relaxes). Review the picture to the right for understanding.

What is another muscle group that is not shown in the picture that is used frequently?

Hint: You sit on it a lot.



Warm Up: Purpose to increase heart rate and blood flow.

Jumping Jacks: 2 sets, of
25 Use your school mascot instead of your regular
cadence. Bear Jacks, Patriot Jacks and Panther Jacks

High Knees: 2 sets, 15 sec
or 20 feet

Toy Soldier: 2 sets, 15 sec
or 20 feet

Butt Kickers: 2 sets, 15 sec
or 20 feet

Carioca: 2 sets, 15 sec or
20 feet

Sprints: 20-40 feet, 2 at
50%, 2 at 75%, 2 at 100%

Workout

Dumbbell Squat: 4 sets of 10

Lunges 4 sets of 20 alternating (10 each leg)

Burpees 4 Sets of 15

Side Leg Lifts 4 set of 10 for each leg

Donkey Kicks 3 sets of 10 each leg.

Fire Hydrants 3 sets of 10 each leg

Wall Sits 3 sets of 60 seconds

Cool Down

Walk for 5 minutes taking a break every minute to perform standing hamstring, standing quadricep stretch. Hold each stretch for 10 seconds for each leg

Self Reflection:

Could you feel your quadricep flexing and your hamstring extending?

How does this workout compare to the single leg workout? Which workout gave more of a challenge?

What modifications could you make to make this workout more difficult or easier to reach your full potential?