



PE/Health Virtual Learning

7/8th Strength and Conditioning

May 7, 2020



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Lesson: **May 7, 2020**

Objective/Learning Target:
Employs a variety of appropriate static stretching techniques for all major muscle groups.
NASPE (S3.M9.8)

Essential Question: Can you differentiate between static stretching and dynamic stretching?

Learner Objective: Through the first couple of slides you will learn the aspects of the learning standard, which includes static stretching and dynamic stretching. You will use both throughout this workout. You will begin by learning the difference between the two. You will execute dynamic stretching at the beginning and then static stretching at the end.

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.

Two different types of stretching

Static Stretching - Consists of **stretching** a muscle (or group of muscles) to its farthest point and then maintaining or holding that position

Dynamic Stretching - Is a form of stretching beneficial in sports utilizing momentum from form, and the momentum from static-active stretching strength, in an effort to propel the muscle into an extended range of motion not exceeding one's static-passive stretching ability.

Warm Up: Complete before starting the workout you developed

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

Walking Lateral Lunge: 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%

Practice: Aerobic activity.

Should be for a duration of 10-20 minutes.

Aerobic activity is any type of cardiovascular conditioning that is with oxygen. Meaning your body can replace the oxygen as it is being used during activity.

Sprinting is not an aerobic activity because you are depleting your oxygen supply faster than you can replace it.

Choose 1-2 activities.

Walking- Power/Brisk walking. Walking that will elevate your heart rate into the moderate zone

Jogging - In between walk and Run. You should be able to maintain consistent breathing.

Hiking - Walking on terrain that changes in elevation and challenges your balance at times

Cycling - Riding your bike

Dancing - [Zumba](#), [Jazzercise](#)

Swimming - If possible, maybe keep in mind for when it gets warmer

Practice: Muscular Strength and Muscular Endurance

Muscular Strength. - The maximum amount of force a muscle can exert on an object. Choose 3 activities to perform for a duration of 5-10 minutes

[Push Ups](#) 3 sets of 10

[Tricep Dips](#) 3 sets of 10

[Back Squat](#) 3 sets of 10. May add a broom handle. Can add backpacks to the sides for extra weight

[Lunges](#) 3 sets of 20 alternating legs (10 each leg)

[Sit-ups](#) 3 sets of 25

Muscular Endurance - The ability of a muscle to sustain repeated contractions against a resistance for an extended period of time. Choose 3 activities to perform for a duration of 5-10 minutes.

[Jumping Jacks](#) 3 sets of 25

[Plank](#) 3 sets of 20 secs

[Crunches](#) 3 sets of 25

[Wall Sit](#) 3 sets of 20 secs

[Burpees](#) 3 sets of 10

Cool Down: Flexibility

- Is the range of motion in a joint or group of joints or the ability to move joints effectively through a complete range of motion

Perform all of these static stretches at the end of your workout. Hold stretch for 10-15 seconds.

[Standing Hamstring Stretch](#)

[Quadricep Stretch](#)

[Groin Stretch](#)

[Cross Body Shoulder](#)

[Tricep Stretch](#)

[Reclined Spinal Twist](#)

[Glute Stretch](#)

[Calf Stretch](#)

[Wrist Stretch](#)

[Chest Stretch](#)

Self Reflection:

Can you explain the difference between static and dynamic stretching?

Which of the two types of stretching do you feel benefits you the most and why?

Explain the importance of stretching before and after a workout?

Explain what the benefit would be of performing a dynamic stretch before a workout and a static stretch at the end of a workout?