



PE/Health Virtual Learning

Strength & Conditioning 7th & 8th
Upper Body Workout

April 7th, 2020



8th Grade Strength & Conditioning

Lesson: April 7th 2020

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 in the my upper body?

Your objective is to improve upper body muscular strength by using a variety of exercises that target the shoulder area.
(Deltoid and Trapezius)

LT-S3.M3 Engages in physical activity.

S3.M3.7

Dynamic Warm-Up.

This warm-up should take 2-3 minutes when done properly.

- ❑ 25 Jumping Jacks. Use your school mascot instead of your regular cadence. Bear Jacks, Patriot Jacks and Panther Jacks.
- ❑ [15 Air squats.](#)
- ❑ [Toy Soldier](#) 15 feet then jog 30 feet.
- ❑ High Knees 15 feet and jog 30 feet
- ❑ 6 sprints 2 @50% 2 @75% 2 @100%. 30 Feet

Upper Body Workout. No Equipment Needed.

- ❑ **Shoulder Shrugs**- 4 sets of 15 reps. 20 second rest in between each set. Use a broom or mop to simulate a barbell. Use water jugs to simulate dumbbells. Put backpacks on each side of the mop or broom. [Shoulder Shrugs](#)
- ❑ **Side Lateral Raises**- 4 sets of 25 reps. 20 second rest between each set. Use soup cans or jugs filled with water for weight. [Side Lateral Raise](#)
- ❑ **Up Right Row**- 4 sets of 20 reps. 20 second rest between each set. Use a broom or mop to simulate a barbell. Use jugs filled with water to simulate dumbbells. You may also use soup cans. [Upright Row](#)

Upper Body Workout. No Equipment Needed.

- ❑ **T-Plank Right and Left.** 4 sets total. 2 sets on each side. Hold for 40 seconds ! Or you can rotate up and down like the video for 20 reps. [T-Plank](#)
- ❑ **Abdominal Exercises of your choice.** 4 sets of 20 with 20 seconds of rest. **Exercise options-** Curl-Ups, Toe Touches, 6 inch holds, Russian Twist.
- ❑ **10 minute jog-** with a weighted backpack. (optional)
- ❑ **Cool down walk-** 5 minutes. Focus on breathing.

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?