



PE/Health Virtual Learning

Strength & Conditioning 7th & 8th Workout

April 16th, 2020



8th Grade Strength & Conditioning

Lesson: April 16th 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 improve my overall core muscles?

LO- The objective of today's lesson is to understand like lifting, core workouts are technique based.

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

Core Workout Instructional Videos.

These exercises will be used throughout this workout.

- ❑ [Plank](#)
- ❑ [Plank to Dolphin](#)
- ❑ [Plank Taps](#)
- ❑ [Bicycle Crunch](#)
- ❑ [Plank to Downward Dog Tap](#)
- ❑ [Tricep Push-Up](#)
- ❑ [Lateral Plank Walk](#)

Core Workout.

As reminder you may modify this workout to meet your physical needs and limitations.

- ❑ **Plank-** 2 sets. Hold for 45 seconds
- ❑ **Plank to Dolphin-** 1 minute without stopping.
- ❑ **Push-Ups-** 2 sets of 15.
- ❑ **Plank Taps-** 1 set alternating for 1 minute.
- ❑ **Bicycle Crunch-** 1 minute without stopping

Core Workout Continued.

- ❑ **Plank Downward Dog Taps-** 1 minute without stopping
- ❑ **Tricep Push-Up-** 3 sets of 15
- ❑ **Lateral Plank Walk-** 1 minute without stopping

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?