



PE/Health Virtual Learning

Strength & Conditioning 7th&8th

April 6th, 2020



7th+8th Grade Strength & Conditioning Lesson: April 6th, 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

Lower Body Workout



Strength and Conditioning 7th+8th Grade

LT 1.3

I can perform selected strength based lower body exercises with correct technique. (Squat, Lunge, Press, etc.)

LT 2.1

I can analyze and correct technique of selected exercises.

S3.M3 Engages in physical activity

S3.M3.7)

Essential Question and Lesson Objective.

EQ: How can I increase muscular strength in the lower half of my body?

LO: To improve lower half body strength by incorporating a different variety of exercises that specifically target quadriceps, hamstrings and gastrocnemius muscles.

Dynamic Warm-Up

This warm-up should take about 2-3 mins if done the proper way.

- ❑ **25 Jumping Jacks**- Use your school's mascot in your cadence. Bear Jacks, Patriot Jacks and Panther Jacks. Instead of counting say your mascot 10 times.<https>
- ❑ [Air Squats](#) 15 resp
- ❑ [Toy Soldier](#) 20 Feet
- ❑ **High Knees** -15 ft , jog 15 ft
- ❑ **6 Sprints**- 2 @50%, 2@75% and 2 @100% 30 ft

Lower Body Workout. No equipment needed.

- ❑ **Exercise 1- Back Squat.** 4 sets of 15 with 20 seconds of rest between sets. Use a broom or mop to simulate a bar. Use a weighted backpack. [Back Squat](#)
- ❑ **Exercise 2- Squat Jumps.** 4 sets of 15 with 20 seconds rest between sets. [Squat Jumps](#)
- ❑ **Exercise 3- Stiff Leg Deadlift.** 4 sets of 15 with 20 seconds of rest between sets. Use jugs or soup cans for weight/ Mop or broom stick also. [Stiff Leg Deadlift](#)
- ❑ **Exercise 4- Calf Raises.** 4 sets 25 with 20 seconds of rest between sets. [Calf Raise](#)

Exercises Continued.

- ❑ Exercise 5- Push-Ups. 4 sets of 20 with 20 seconds of rest between each set.
- ❑ Exercise 6- Cardiovascular Work- 15 minute jog.
- ❑ Cool down- walk and focus on breathing. 5 mins

Total Time with warm up and cool down should be around 30 minutes.

Reflection.

- How does your body feel right now?
- What would you change about the workout?
- What was your favorite exercise?
- What was your least favorite exercise?