



PE/Health Virtual Learning

**7th & 8th Strength &  
Conditioning Core Workout**

**April 8th, 2020**



## 8th Strength & Conditioning Lesson: [April 8th]

### **Objective/Learning Target:**

Engages in Physical Activity

NASPE Standard (S3.M3)

# Essential Question and Objective

EQ: How can I increase Muscular Strength in Mid Section of my Body(CORE).

Your objective is to improve strength in your CORE by incorporating a different variety of exercises that specifically targets abdominal and oblique muscles.

# Warm-up

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

25 Jumping Jacks- Use school's mascot in your cadence. Patriot Jacks, Panther Jacks, Bear Jacks. Instead of counting, spell school mascot then say until done.

10 Burpees-

Mountain Climbers ( 1 minute)

Walkout Push-ups - 5

# Practice: Core Workout

Sit-ups- 4 sets of 10- 20 second rest between sets-

Leg Lifts- 4 sets of 10- 20 sec. Rest between sets-

Russian Twists- 3 sets of 30 sec- 30 sec rest between sets- use weight if available-

Planks- 4 sets of 15 sec- 20 sec rest between sets- Go longer as long as you keep good posture.

# Practice Work Continued

Cardiovascular Work- 10-15 minute jog outside or Treadmill (if available)

Cool Down-- walk 5 minutes- hands resting on head

## Self Evaluation

When doing Sit ups, what muscles are you using?

When doing Leg Lifts, which muscles are you using?

When doing Russian Twists , which muscles are you using?

When doing Bicep Planks, which muscles are you using?