



PE/Health Virtual Learning

7th & 8th Strength and Conditioning Agility Workout

April 9th, 2020



7th & 8th Strength and Conditioning Lesson: April 9th, 2020

Objective/Learning Target:

Your objective is to improve your Mobility and Agility by incorporating a variety of different exercises that specifically targets Hips, Quadriceps, Hamstrings, and Core area

NASPE S3.M3- Engages in Physical Activity

Essential Question: EQ: How can I increase my Agility and improve Core strength?

Warm- Up

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

--Toy Soldier-20 feet-

--High Knees- 20 feet-

--Lunges- 20 feet-

-- Jumping Jacks- 25-

--Carioca- 20 feet-

Practice: Agility and Core Workout

Lateral line jumps- One foot at a time, then both feet- 30 seconds each one, 20 second rest between-[Lateral Line Jumps](#)

Pro Agility Cone Drill- Do 3 times- 30 sec rest between-[Pro Agility Cone Drill](#)

Modified Box Drill- Do 3 times - 30 sec rest between-[Modified Box Drill](#)

Leg Lifts- 4 sets of 10- 30 sec rest between-[Leg Lifts](#)

Practice: Agility and Core Workout Continued

Russian Twists- 4 sets of 10- 30 sec rest between- [Russian Twist](#)

Cardiovascular work- 10-15 min jog outside or Treadmill(if available)

Cool down- 5 minute walk

Total Time with warm up and cool down should be around 30-35 minutes.

Self Evaluation

When performing the agility drills, which muscles are you using?

When performing the Leg Lifts, which muscles are being used?

When performing the 10- 15 minutes jog are you relaxed and focused on your breathing?



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