



PE/Health Virtual Learning

7/8th Strength and Conditioning

April 22, 2020



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Lesson: April 22, 2020

Objective/Learning Target:

Describes how muscles pull on bones to create movement in pairs by relaxing and contracting.

NASPE (S3.M14.7)

Essential Question: How do muscles work in pairs to move your bones.

Learner Objective: Through this workout you will learn how your muscles work in pairs to move your skeletal system (bones). You will also develop muscular strength in your Pectoralis, Trapezius, Latissimus Dorsi, Deltoid, Bicep, and Tricep muscles through a variety of exercises.

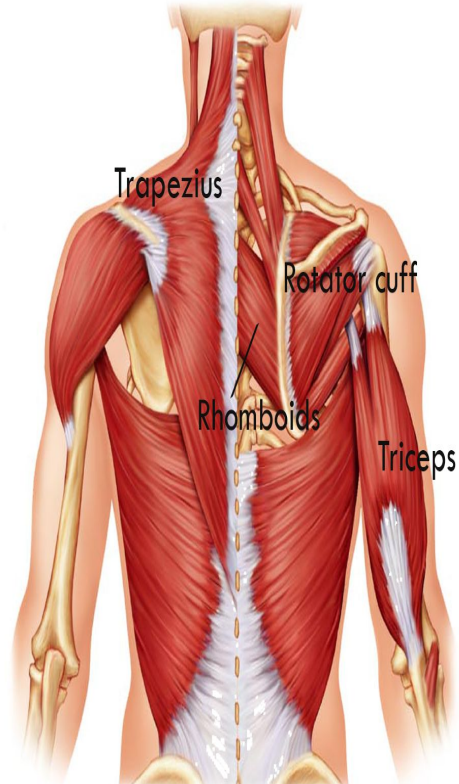
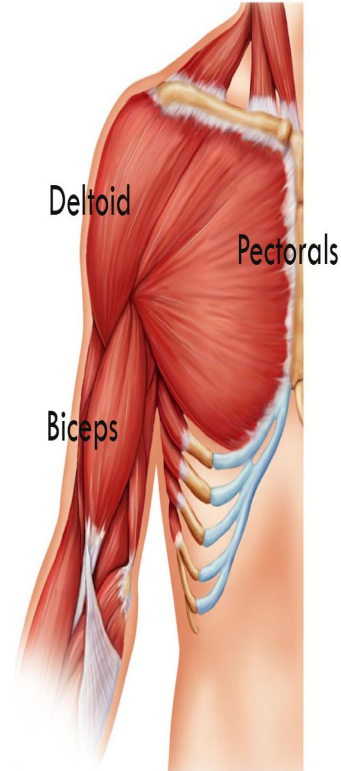
Reminder: You may increase your external load (weight used), or increase the sets (number of rounds you perform the activity) and repetitions (number of times you perform the activity continuously in a set) to meet your physical needs. You may also modify the exercises to meet your needs as well.

Practice: Muscles working in pairs

Newton's 3rd Law: For every action there is an opposite and equal reaction. This law applies to your muscles, when your chest muscles contracts (flexes) your back muscles that extends (relaxes). Review the picture to the right for understanding.

What are other large muscle groups that work together to make you move?

Hint: They are needed to make you walk, job, run.



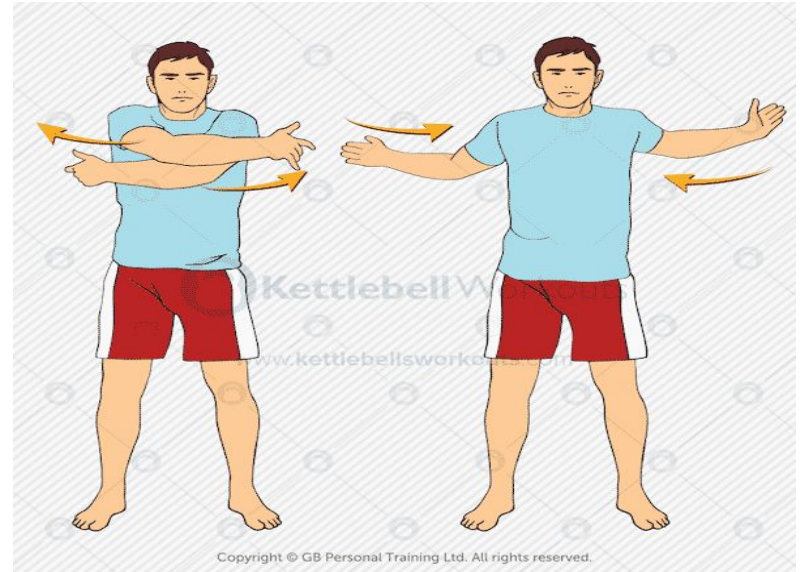
Warm Up: Purpose to increase heart rate and blood flow.

Jumping Jacks: 25 Use your school mascot instead of your regular cadence. Bear Jacks, Patriot Jacks and Panther Jacks

Arm Circles: move in forward direction for 30 sec using small circles, then backwards for 30 sec. Do 2 sets, small circles one set, big circles the second set.

Upper Body Stretch: 15 sec each Shoulders (arm across the chest), Tricep (arm behind the head holding elbow, Chest (hands behind head, bring elbows back)

Chain Breakers: 30 Sec. Start with both arms apart at shoulder level then bring arms across your chest to the opposite side of your body.



Work out

Bicep Curls: 4 sets of 10 may

use household items to increase weight. Weighted Backpack, Gallon Jug filled with water, soup cans

Tricep Dips: 4 sets of 10 may

use a chair that does not roll, the front edge of a couch, the first or second step in your house.

Overhead Tricep

Extension: 4 sets of 10 may use

household items to increase weight.

Tricep Push Ups : 4 sets of 10

Hammer Curls: 4 sets of 10

make sure that your thumbs are on the top of your fist. Elbows stay stationary.

Reverse Curls: 4 sets of 10

Same motion as regular curl except that your grip is reversed.

Workout Continued

Bent Over Row 4 sets of 10

you may use additional household items to add weight resistance

Chest Press 4 sets of 10 you

may use additional household items to add weight resistance

Bent Over Lateral Raises 4

sets of 10 you may use additional household items to add weight resistance

Shoulder Press 4 sets of 10

you may use additional household items to add weight resistance

Cool Down

Use the arm circles, upper body stretch, and chain breakers exercises from the warm up to stretch and cool back down.

5 min walk

Self Reflection:

Could you feel your pectoralis flexing and your latissimus dorsi extending?

What exercises did you feel developed your muscles better?

What modifications could you make to make this workout more difficult or easier to reach your full potential?