



PE/Health Virtual Learning

7/8th Strength and Conditioning

April 30, 2020



7th/8th Strength and Conditioning
Lesson: April 30, 2020

Objective/Learning Target:
**Participates in a physical activity 3 times a week outside
of physical education class.**
NASPE (S3.M2.8)

Essential Question: Are you doing any physical activity in addition to the virtual online workouts?

Learner Objective: For you to participate in physical activities 3 times a week outside or in addition to your physical education classes. We would like for you to engage in activities for fun. These may include playing basketball, throwing the football or baseball around, hiking, riding your bike, kicking a soccer ball, or playing hopscotch.

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.

Warm Up: It is important to make sure that your muscles are warm or loose before physical activity.

Warm ups do not have to for an extended duration of time. Key points are to elevate your heart rate to increase blood flow, which in turn supplies your muscles with warm blood.

You may go for a walk, or stretch before participating in an activity. If you completed the workout and then are immediately moving on to the activity there is no reason for a warm up.

Review the online article
below on the Mental Health
Benefits of physical activity

[The Mental Health Benefits of Exercise](#)

Practice: Activities outside of workouts

Walking

Playing basketball or just shooting some hoops

Hiking

Playing catch with a parent, or friend

Riding your bike

Playing golf

Swimming

Fishing

Dancing

Playing soccer, or shooting on a goal

Cleaning

Playing kickball

Yard work

Keep Record: It is best that you keep track of all physical activity that you perform. Make a physical activity log and reflect on how it made you feel.

Along with keeping track you should write a personal reflection of the activities that you performed. This will allow you to realize which activities you really enjoyed and would like to do again. This will also help you make adjustments to activities that you may not have enjoyed so that you may enjoy them the next time around.

See the following slide for an example of what an activity log would like.

Activity Log and Self Reflection Log

Monday	Tuesday	Wednesday	Thursday	Friday
Virtual lesson bicep and tricep Rode my bike for 20 minutes	Virtual Lesson leg day.	Virtual lesson chest and back Shot baskets in my driveway for an hour	Virtual lesson Circuit Training Went for a 20 minute walk with my family	Virtual Lesson stretching Zoom dance party with friends
The bicep and tricep workout was okay, I could of tried more reps Riding my bike was awesome. It felt great to be outside	My legs hurt, I don't think I can do anything else. Plus it is raining outside I think I just might read a book	When shooting baskets my legs hurt at the beginning but then they were okay	It was great walking with my family, we got to see a lot of our friends during our walk	It was great seeing my friends, but I wish that we could see each other in real life. I guess this will have to do for now.