



PE/Health Virtual Learning

Strength & Conditioning 7th & 8th
Upper Body Workout

April 20th, 2020



7th & 8th Grade Strength & Conditioning
Lesson: April 20th 2020

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

Essential Question and Lesson Objective.

EQ- How can I increase muscular strength in the my upper body?

Your objective is to improve upper body muscular strength by using a variety of exercises that target these muscles.
(Deltoid, Trapezius, Pectoral, Bicep and Tricep)

LT-S3.M3 Engages in physical activity.

S3.M3.7

Dynamic Warm-Up.

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

- ❑ 25 Jumping Jacks. Use your school mascot instead of your regular cadence. Bear Jacks, Patriot Jacks and Panther Jacks.
- ❑ [15 Air squats.](#)
- ❑ [Toy Soldier](#) 15 feet then jog 30 feet.
- ❑ High Knees 15 feet and jog 30 feet
- ❑ 6 sprints 2 @50% 2 @75% 2 @100%. 30 Feet

Upper Body Instructional Videos.

These exercises will be used throughout this workout.

- [Hammer Curls](#)
- [Tricep Extension](#)
- [Barbell UpRight Row](#)
- [Side Deltoid Raises](#)
- [DB Lawn Mower Pull](#)
- [Shoulder Tap](#)
- [Abs Toe Touches](#)

Upper Body Workout.

After each set you will have a thirty second rest! As reminder you may modify this workout to meet your physical needs and limitations.

- ❑ **Hammer Curls-** 4 sets of 20. Use soups cans, mop, or broom to simulate dumbbells and barbell
- ❑ **Tricep Extension-** 3 sets of 20. Use a Gallon Jug or Soup Can
- ❑ **Push- Ups-** 4 sets of 20.
- ❑ **Barbell UpRight Row-** 4 sets of 15. Broom or mop with backpacks on each side to simulate barbell with plates.

Upper Body Workout Continued.

- ❑ **Side Deltoid Raises-** 4 sets of 25. Use soup cans.
- ❑ **DB Lawn Mower Pulls-** 4 sets of 10 on each arm. Use soup cans or gallon jugs.
- ❑ **Shoulder Taps-** 4 sets 20 10 reps on each shoulder tap.
- ❑ **Abs Toe Touches-** 4 sets of 20
- ❑ **Cool Down-** Walk for three minutes.

Reflection.

- ❑ How do you feel right now?
- ❑ What muscles do you feel are sore?
- ❑ What was your favorite exercise and why?
- ❑ What was your least favorite exercise and why?
- ❑ What would you change about this workout?