



PE/Health Virtual Learning

Strength & Conditioning 7th&8th

May 12th, 2020



7th+8th Grade Strength & Conditioning
Lesson: May 12th, 2020

Objective/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: What is Crossfit?

LO:Your objective is to understand that CrossFit is a form of high interval training. Crossfit incorporates various movements and they are to performed at a high intensity level.

S3.M3 Engages in physical activity.

S3.M3.7

Instructions for Workout.

Modify this workout to adapt to your physical needs. Less reps, time and more rest are all options during this workout. Good Luck!

AMRAP is short for AS MANY ROUNDS AS POSSIBLE

There will be three exercises listed. You will do 10 reps of each exercise and repeat until time is up. You will try and do AMRAP. You will also want to record your total number of repetitions for future reference.

Instructional Videos and Workout.

- ❑ Push-Ups+[Air Squats](#)+Sit-ups. 2 sets of 10 reps AMRAP for one minute.
- ❑ [Burpees](#) + [Box Jumps or Stair Jumps](#)+[Mountain Climbers](#) . 2 sets of 10 reps AMRAP for one minute.
- ❑ [Side Plank with Twist](#)+[Lunge Jumps](#)+[Plank to Push-Up](#) 2 sets of 10 reps AMRAP for one minute.
- ❑ 10 minute jog.
- ❑ Cool Down walk 4 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?
- What was the total number of reps during your AMRAP portion of the workout?