



PE/Health Virtual Learning

Strength & Conditioning 7th&8th

April 13th, 2020



7th+8th Grade Strength & Conditioning Lesson: April 13th, 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

Lower Body Workout



Strength and Conditioning 7th+8th Grade

Lower Body Workout Essential Question and Lesson Objective.

EQ: How can I increase muscular strength in the lower half of my body?

LO: To improve lower half body strength by incorporating a different variety of exercises that specifically target quadriceps, hamstrings and gastrocnemius muscles.

Dynamic Warm-Up

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

- ❑ **25 Jumping Jacks**- Use your school's mascot in your cadence. Bear Jacks, Patriot Jacks and Panther Jacks. Instead of counting say your mascot 10 times.<https>
- ❑ Air Squats 15 resp
- ❑ Toy Soldier 20 Feet
- ❑ **High Knees** -15 ft , jog 15 ft
- ❑ **6 Sprints**- 2 @50%, 2@75% and 2 @100% 30 ft

Lower Body Instructional Videos.

These exercises will be used throughout this workout.

- ❑ [Front Squat](#)
- ❑ [Wall Sit](#)
- ❑ [DB Rack Lunge](#)
- ❑ [Stiff Legged DeadLift](#)
- ❑ [Calf Raise](#)

Lower Body Workout.

All exercises will have a 20 second rest between sets.

- ❑ **Front Squat-** 4 sets of 20. Use a broom or mop to simulate a bar. You can also use a basketball to simulate a medicine ball. Another option is hands straight out in front with elbows extended.
- ❑ **Wall Sits-** 3 sets with a 40 second holds.
- ❑ **DB Rack Lunge-** 4 sets lunging 20 feet. Use jugs or just body weight. You may also hold weights to the side instead of the rack position.
- ❑ **Stiff Legged Deadlift-** 3 sets of 15. Use a broom or mop to simulate a barbell.

Lower Body Workout Continued.

- ❑ **Calf Raises-** 4 of 25. Find a step or curb to make it more of a challenge.
- ❑ **Jog 10 minutes.**
- ❑ **Cool Down-** walk 4 minutes.

Reflection.

- How does your body feel right now?
- What would you change about the workout?
- What was your favorite exercise?
- What was your least favorite exercise?