



PE/Health Virtual Learning

Strength & Conditioning 7th & 8th Core Workout

May 22nd, 2020



8th Grade Strength & Conditioning

Lesson: **May 22nd 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- What is the “core” and why is core strength so important?

LO- The objective of the lesson is to understand the importance of strengthening the pelvis and the spine and how it relates to the legs and upper body.

Dynamic Warm-Up.

This warm-up should take 2-3 minutes when done properly. Please modify this workout to fit your physical needs.

- ❑ 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

Core Workout.

- ❑ **Plank-** 2 sets. Hold for 45 seconds. [Plank](#)
- ❑ **Plank to Dolphin-** 1 minute without stopping. [Plank to Dolphin](#)
- ❑ **Push-Ups-** 2 sets of 15.
- ❑ **Plank Taps-** 1 set alternating for 1 minute. [Plank Taps](#)
- ❑ **Bicycle Crunch-** 1 minute without stopping. [Bicycle Crunch](#)

Core Workout Continued.

- ❑ **Plank Downward Dog Taps-** 1 minute without stopping. [Plank to Downward Dog Tap](#)
- ❑ **Tricep Push-Up-** 3 sets of 15. [Tricep Push-Up](#)
- ❑ **Lateral Plank Walk-** 1 minute without stopping. [Lateral Plank Walk](#)

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?