



PE/Health Virtual Learning

# 7/8th Strength and Conditioning

April 15, 2020



7th/8th Strength and Conditioning  
Lesson: April 15, 2020

**Objective/Learning Target:**

**Participates in a variety of self selected aerobic fitness activities outside of school such as walking, jogging, biking, skating, dancing and swimming.**

**NASPE (S3.M3.8)**

# Essential Question: Do you know how to monitor if you are elevating your heart rate?

Learner Objective: Through this workout you will learn how to monitor your heart rate by taking your pulse. You will also perform a cardiovascular workout to increase heart rate and cardiovascular endurance.

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.

# Practice: How do you monitor your heart rate

Do you know how to check your pulse?

Proper way to check your [heart rate](#).

How do you calculate your maximum heart rate?

Calculating your maximum heart rate.

How many different exercises can you do to increase your cardiovascular endurance?

Take  $220 - \text{your age} =$  [maximum heart rate](#)

Warm Up: Purpose to increase heart rate and blood flow.

Jumping Jacks: 2 sets, of  
25 Use your school mascot instead of your regular  
cadence. Bear Jacks, Patriot Jacks and Panther Jacks

High Knees: 2 sets, 15 sec  
or 20 feet

Toy Soldier: 2 sets, 15 sec  
or 20 feet

Butt Kickers: 2 sets, 15 sec  
or 20 feet

Carioca: 2 sets, 15 sec or  
20 feet

Sprints: 20-40 feet, 2 at  
50%, 2 at 75%, 2 at 100%

**Work out:** Take your resting heart rate (before performing activities) and write this down. Take your heart rate after each exercise and record. After work outs are recorded, keep track of the time from your last work out until you reach your resting heart rate again. This is an indication of how healthy your heart is.

## Indoors

**Run in place:** Run in place for 20 secs, taking a 20 rest. Repeat process for 3 minutes.

**Line jumps:** Jump for 20 secs, then rest for 20 secs. Repeat process for 2 minutes.

**Stutter jacks:** Stutter jack for 30 secs, rest for 30 secs. Repeat process for 4 minutes

**Mountain Climbers:** Perform mountain climbers for 20 secs, rest for 20 secs. Repeat process for 3 minutes

## Outside Work out:

**Jog:** Jog (in between a walk and a run) for 3 minutes without stopping or as long as you can. Rest for half the time you jogged for. Repeat process for 10 minutes:

**Interval Running:** Jog for 1 minute, Run(Sprint) for 30 secs, walk for 30 secs. Repeat process for 5 minutes.

**Sprints:** Perform 10 maximum effort sprints for a distance of 20-40 feet.

# Cool Down

Walk for 5 minutes focusing on recovering your breathing. Your breaths should be long and slow to increase your oxygen intake.

## Self Reflection:

Were you able to accurately take your heart rate?

Were you able to successfully calculate your Maximum Target Heart Rate?

How long did it take you to recover back down to your resting heart rate?