**Week 2 April 20th -24th**

**Grade Level: 7th/8th**

**Lesson Title: Fitness Workout**

**Mr. Gadacz**

**New York State Physical Education Learning Standards**

**Learning Standard 1:** Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. **Learning Standard 2:** Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. **Learning Standard 3:** Students will understand and be able to manage their personal and community resources.

**Video Link:** [**https://www.youtube.com/watch?v=dhCM0C6GnrY**](https://www.youtube.com/watch?v=dhCM0C6GnrY)

**Adaptations: Students w/special needs, slower pace, modify push-ups, and curl-ups, squat thrust, etc.**

**Main Objectives:** Students will be able to identify certain aspects of fitness workouts, and the benefits of Fitness and conditioning:

\*How to improve cardiovascular endurance                                                                                                                                                                \*How to improve muscle strength                                                                                                                                                                             \*How to improve muscular endurance                                                                                                                                                                      \*How to improve flexibility

**The Components:**

**Cardiovascular endurance** refers to the ability of your heart and lungs to work together to fuel your body with oxygen.  Aerobic conditioning, like jogging, swimming and cycling, can help improve cardiovascular endurance. **Muscle strength** refers to the amount of force a muscle can exert, in a single effort. Exercises like the bench press, leg press or bicep curl might be used to measure muscle strength. **Muscle endurance** refers to the ability of a muscle to perform a continuous effort without fatiguing. Cycling, step machines and sit up tests are often used to measure muscular endurance.**Flexibility** refers to the ability of each joint to express its full range of motion. Flexibility can be tested by stretching individual muscles or by performing exercises such as the lunge or the sit and reach.

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**Warm-Ups:**

Jump rope 2 minutes, then do the following stretches before each daily work-out.

**Chest Stretch**

Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent, hold your arms out to the side parallel with the ground and the palms of the hand facing forward, stretch the arms back as far as possible, you should feel the stretch across your chest.

**Upper Back Stretch:**

Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent, interlock your fingers and push your hands as far away from your chest as possible, allowing your upper back to relax, you should feel the stretch between your shoulder blades

**Shoulder Stretch:**

Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent, place your right arm, parallel with the ground across the front of your chest, bend the left arm up and use the left forearm to ease the right arm closer to your chest, you will feel the stretch in the shoulder. Repeat with the other arm

**Side Bends:**

Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent, hands resting on the hips, bend slowly to one side, come back to the vertical position and then bend to the other side, do not lean forwards or backwards.

**Inverted hurdle:**

Sit on the ground with both legs straight out in front of you, bend the left leg and place the sole of the left foot alongside the knee of the right leg, allow the left leg to lie relaxed on the ground, bend forward keeping the back straight, you will feel the stretch in the hamstring of the right leg. Repeat with the other leg

**Calf Stretch:**

Stand tall with one leg in front of the other, hands flat and at shoulder height against a wall, ease your back leg further away from the wall, keeping it straight and press the heel firmly into the floor, keep your hips facing the wall and the rear leg and spine in a straight line, you will feel the stretch in the calf of the rear leg. Repeat with the other leg

**Butterfly Stretch:**

Sit with tall posture, ease both of your feet up towards your body and place the soles of your feet together, allowing your knees to come up and out to the side, resting your hands on your lower legs or ankles and ease both knees towards the ground, you will feel the stretch along the inside of your thighs and groin

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**Explanations:**

**Jumping Jacks: Standing at attention, jump legs out arm above your head, jump again bring legs in and arms down) Repeat**

**Push-Ups: Start lying on your stomach, lift your body using your arms so your body is straight, lower body using only your arms so they are at a 90 degree bend, lift back up and repeat)**

**Squat Thrust: Start in a standing position, squat down, extend your legs out into a push-up position, extend legs back to your squat position and jump to a standing position. Repeat**

**Curl-Ups: Start by lying on your back bend your knees and cross arms across chest, lift upper body at the waist until forearms touch your thighs and then lie back down. Repeat**

**Butt Kicks: Standing position, bring one of your keels up to your butt, then out it back on the ground, alternate feet every time, do this slowly at first, then pick up the speed (exaggerate running in place)**

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**Activity: Fitness Workout (Play Your Favorite Music)**

**MONDAY:**

**15 Jumping Jacks**

**15 Second Run in Place**

**15 Push-Ups**

**15 Seconds Run in Place**

**15 Butt Kicks**

**15 Second Skip in Place**

**5 Squat Thrust**

**15 Second Skip in Place**

**15 Curl-Ups**

**5 Minutes Jump-Rope**

**Warm Down: Pick a few stretches, and stretch down. Spend about 10 minutes warming down**

**TUESDAY:**

**10 Squat Thrust**

**20 Second Skip in Place**

**20 Push-Ups**

**20 Second Skip in Place**

**20 Curl-Ups**

**20 Second Run in Place**

**20 Jumping Jacks**

**20 Second Run in Place**

**20 Butt Kicks**

**10 Minute Jump Rope**

**Warm Down: Pick a few stretches, and stretch down. Spend about 10 minutes warming down**

**WEDNESDAY:**

**15 Jumping Jacks**

**15 Second Run in Place**

**15 Push-Ups**

**15 Seconds Run in Place**

**15 Butt Kicks**

**15 Second Skip in Place**

**5 Squat Thrust**

**15 Second Skip in Place**

**15 Curl-Ups**

**5 Minutes Jump-Rope**

**Warm Down: Pick a few stretches, and stretch down. Spend about 10 minutes warming down**

**THURSDAY:**

**10 Squat Thrust**

**20 Second Skip in Place**

**20 Push-Ups**

**20 Second Skip in Place**

**20 Curl-Ups**

**20 Second Run in Place**

**20 Jumping Jacks**

**20 Second Run in Place**

**20 Butt Kicks**

**10 Minute Jump Rope**

**Warm Down: Pick a few stretches, and stretch down. Spend about 10 minutes warming down**

**FRIDAY:**

**15 Jumping Jacks**

**25 Second Run in Place**

**15 Push-Ups**

**25 Seconds Run in Place**

**15 Butt Kick**

**25 Second Skip in Place**

**10 Squat Thrust**

**25 Second Skip in Place**

**15 Curl-Ups**

**10 Minutes Jump-Rope**

**Warm Down: Pick a few stretches, and stretch down. Spend about 10 minutes warming down**

**No – Work \* SATURDAY/SUNDAY \* No – Work**