

## 8<sup>th</sup> grade Health & Fitness

May 18<sup>th</sup> – 21<sup>st</sup>, 2020

### Teacher Information

Mr. McHenry [shaunm@spokaneschools.org](mailto:shaunm@spokaneschools.org)

### Weekly Message

Happy Spring everyone! We've finally been getting enough rain to help the plants to grow and the drought to lessen. That also means the air is fresher (until the pollen blows again) so find a safe place outside to get active. **Don't forget to document your activities on the attached tracking sheet and turn them in through the Teams.**



### Virtual Meeting

Thursday from 1:00-1:30

These meetings are primarily geared towards answering questions.

### Student Expectations

**New learning and assignments:** To help maintain social distancing the lessons and assignments will be intended to be done individually or with the people that a student lives with. As requested by the students who attended the virtual meeting last week, I will be providing a workout each week along with a tracking sheet. Students should fill out the tracking sheets and submit them via Teams.

**Equipment:** Workouts will be provided that utilize bodyweight or additional weights of some kind. Some examples of things that could be used as weights that you might already have are jugs of water, backpacks full of books or clothes, cans of food, bags of beans or rice, hoses, ropes, rocks, etc. I have a variety of pieces of fitness equipment and will happily help you to make some too if you are inclined.

**Communication:** Students should check the announcements in Teams and their school email every school day. Students can email me if they have any questions and they can also bring questions to the virtual meeting.

**Grading:** Students are expected document the activities that they participate in on the weekly tracking sheets that should be submitted through Teams.

### Scope and Sequence for the week:

Complete Bodyweight Workout #3 two times as well as #2 and #1 this week. Document your workouts and at least 2-3 additional activities so that you have at least 5 activities documented. **Don't forget to turn your tracker in through Teams at the end of the week.**

Please email me if you have any questions and remember to get outside and get some fresh air.

## May 18<sup>th</sup> – 21<sup>st</sup> Workout and Tracker 8<sup>th</sup> Grade Health & Fitness

Complete this tracking sheet each day and submit at the end of the week. The key thing is to be active at least 20 minutes every day. Active is going to be defined as moving with enough exertion to get your heart rate up into at least the 60% zone (at least 124 beats per minute) and sustained in that zone for at least 20 minutes total. If the activity is less intense like walking, then you should aim to double the time you are out engaging in it. Feel free to use a phone, heart rate monitor, fitness tracker, or other device to track your heart rate and other data.

### Bodyweight Workout #3 (do this workout 2 times this week and Bodyweight Workout #1 and #2 once each)

This is an EMOM body weight workout that simply requires your body and a bit of space. EMOM stands for Every Minute On the Minute. That means you do the prescribed number of reps within that minute and if you finish early you have a brief rest until the next minute starts. Remember to do each exercise with good form and at a speed that keeps your heart rate up. If you are sweating and breathing hard, then your heart rate is usually up in the appropriate training zones.

#### Minute 1: Jump rope or 45 jumping jacks



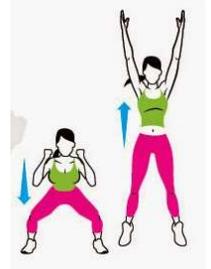
**Minute 2: 10 eccentric pushups.** Start in a push up position and take 4 seconds to slowly lower to the ground. If you can push up to reset then push up to reset. If you cannot push up then drop your knees and reset. Focus on keeping your abs tight and body straight as you slowly lower to the ground. \*\* Start up, finish down.

#### PROPER PUSH-UP ALIGNMENT CHECKLIST

- 1 HEAD IS NEUTRAL AND IN LINE WITH THE SPINE (AS IF STANDING WITH PERFECT POSTURE)
- 2 SHOULDERS ARE RETRACTED, DEPRESSED, AND MEDIANLY ROTATED TOWARDS THE SPINE
- 3 HIP FLEXORS AND CORE ARE ACTIVATED TO KEEP THE HIP JOINT (NOT THE GLUTE MUSCLES) IN-LINE WITH SPINE
- 4 NO HIP OR KNEE SAG; QUADS AND HIP FLEXORS (NOT GLUTES/HAMSTRINGS) ARE CONTRACTING AGGRESSIVELY
- 5 FEET ARE PERPENDICULAR TO THE FLOOR AS A RESULT OF STAYING TALL ON THE TOES, THIS ALLOWS OPTIMAL ROTATIONAL MOVEMENT OF THE BODY TO OCCUR.



**Minute 3: 20 Squat jumps** Start with your feet just outside of shoulder width and perform a normal squat (down to a 90 degree angle of the knees or lower) but rise explosively into a jump with your arms driving up to the sky. Try to keep your back vertical and land on the fronts of your feet so that you move right into your next squat.



**Minute 4: 15 Rows** Find a table, chair, or bar that is secure and that you can safely hang onto from underneath. Slowly draw your chest up to the table/chair/bar and slowly lower. Make sure that you choose something that is secure and will safely hold your weight during the exercise.



**Minute 5: 20 Spider crawls** Start in a high plank position and slowly draw one knee out to the side and to the elbow on the same side. Slowly draw it back to the starting position and repeat with the other knee.



**Minute 6: 10 seconds on/ 5 seconds off boat pose**



**Minute 7: Rest**



**Repeat 3 times**

Day	Activity	Location	Time spent	Heart rate checks, level of perceived exertion, or other data
<i>Example #1 Wednesday 4/29</i>	<i>Bodyweight Workout #1</i>	<i>backyard</i>	<i>29 minutes</i>	<i>Heart rate 170 Heart rate 152 Heart rate 148 Heart rate 180 Sweating and out of breath the whole time</i>
<i>Example #2 Saturday 4/25</i>	<i>Hiking with my family</i>	<i>By the river</i>	<i>45 minutes</i>	<i>Only out of breath on uphill sections. 1 mile. 144 feet elevation lost and gained.</i>