

8th grade Health & Fitness

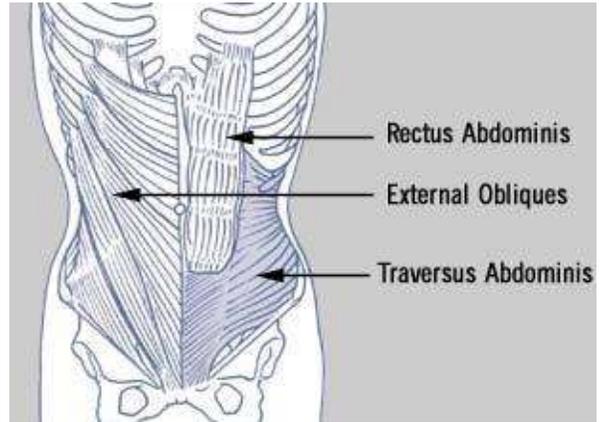
May 26th-29th, 2020

Teacher Information

Mr. McHenry shaunm@spokaneschools.org

Weekly Message

Warm weather is finally here (if the forecast is correct). As requested, this workout focuses on the abs. Just about all of these workouts can be done outside in a location that is safe and available for you to use. **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 26th – 29th Workout and Tracker 8th 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 #4 (do this workout 2 times this week and 2 other workouts of your choice)

As requested, this workout will have more of a focus on abs and planks. *Keep your spine and body as straight and stable as possible during all plank exercises.* Some exercises are for a set amount of time and some are for a certain number of reps. Take no more than 15-20 seconds transition time between exercises and 1-2 minutes between sets.

Exercise 1: Jumping jacks, high knees, or a short jog (1 minute) This is meant to warm up the whole body and get the heart rate up. Try to do a different exercise in each set.

Exercise 2: Plank up-downs (15-20 reps) From a high plank (pushup) position, lower to your forearms and then raise back up to your hands.

Exercise 3: Air squats (15-20 reps) Remember to keep your head up and back straight as you drop your hips down. Lower to at least a 90° angle of the knees before pushing through your heels to rise up to the starting position.

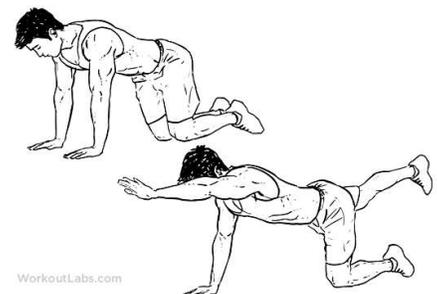
Exercise 4: Mountain climbers (30-45 seconds) Start in a high plank position. Bring your right knee in to your chest and then return it. Quickly switch to your left knee and repeat. This should be a relatively fast activity almost like you are running in that position.

Exercise 5: Hollow hold (5 reps of 5-10 seconds each) Lay on your back with your arms above your head. Keep your legs and arms straight as you raise them off of the floor. Bring your shoulders off the floor as well and hold for 5-10 seconds. Keep your chin off of your chest and slowly lower back to the ground after each rep.

Exercise 6: Alternating Lunges (16-20 reps) Make sure the long step allows you to keep your knee above your ankle when you lower down into the lunge.

Exercise 7: Bird dog (16-20 reps) Start in a high plank position. Slowly raise and straighten your right arm and left leg at the same time and hold each at the same height as your torso for 5-10 seconds. Slowly lower your arm and leg and switch to your left arm and right leg and repeat. Keep your back and hips steady the whole time.

Rest 1-2 minutes and then repeat the set 1-2 more times.



WorkoutLabs.com

Day	Activity	Location	Time spent	Heart rate checks, level of perceived exertion, or other data
<i>Example #1</i> <i>Wednesday 4/29</i>	<i>Bodyweight Workout</i> <i>#1</i>	<i>backyard</i>	<i>29 minutes</i>	<i>Heart rate 170</i> <i>Heart rate 152</i> <i>Heart rate 148</i> <i>Heart rate 180</i> <i>Sweating and out of breath the whole time</i>
<i>Example #2</i> <i>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>