

8th grade Health & Fitness

May 4th – May 8th, 2020

Teacher Information

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Weekly Message

Hello everybody! Thank you to everyone who joined the virtual meeting last week and have been continuing to be active. Regardless of what you have done or not done in the past, today is a good day to exercise more and get more active.



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 #1 2-3 times this week. Document your workouts and at least 2-3 additional activities so that you have at least 5 activities documented.

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

May 4th– 8th 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 #1 (do this workout 2-3 times this week)

This is a body weight workout that simply requires your body and a bit of space. This workout is based on completing quality reps and not on doing it fast. Make sure that you are doing 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.

Set 1:

Exercise 1: 6 Burpees - Do a full burpee if you can or a walkout if needed. Gradually increase the difficulty as you get stronger.

Exercise 2: 6 Pushups – Modify as needed (wall pushup, stair pushup, etc)

Exercise 3: 12 squats

Exercise 4: 12 mountain climbers

Exercise 5: 12 meter lunge walk – if you don't have 12 meters of space you simply do 12 alternating lunges.

Set 2:

Exercise 1: 8 Burpees - Do a full burpee if you can or a walkout if needed. Gradually increase the difficulty as you get stronger.

Exercise 2: 8 Pushups – Modify as needed (wall pushup, stair pushup, etc)

Exercise 3: 16 squats

Exercise 4: 16 mountain climbers

Exercise 5: 16 meter lunge walk – if you don't have 12 meters of space you simply do 12 alternating lunges.

Set 3:

Exercise 1: 10 Burpees - Do a full burpee if you can or a walkout if needed. Gradually increase the difficulty as you get stronger.

Exercise 2: 10 Pushups – Modify as needed (wall pushup, stair pushup, etc)

Exercise 3: 20 squats

Exercise 4: 20 mountain climbers

Exercise 5: 20 meter lunge walk – if you don't have 12 meters of space you simply do 12 alternating lunges.

Set 4:

Exercise 1: 8 Burpees - Do a full burpee if you can or a walkout if needed. Gradually increase the difficulty as you get stronger.

Exercise 2: 8 Pushups – Modify as needed (wall pushup, stair pushup, etc)

Exercise 3: 16 squats

Exercise 4: 16 mountain climbers

Exercise 5: 16 meter lunge walk – if you don't have 12 meters of space you simply do 12 alternating lunges.

Set 5:

Exercise 1: 6 Burpees - Do a full burpee if you can or a walkout if needed. Gradually increase the difficulty as you get stronger.

Exercise 2: 6 Pushups – Modify as needed (wall pushup, stair pushup, etc)

Exercise 3: 12 squats

Exercise 4: 12 mountain climbers

Exercise 5: 12 meter lunge walk – if you don't have 12 meters of space you simply do 12 alternating lunges.

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>