



6th-8th Grade Lesson 3: STRENGTH

Overview

In this lesson students will be introduced to the importance of strength and how it effects our health. The lesson begins with students viewing a video that will discuss the different types of strength and how we use strength in many daily activities such as carrying groceries and going up stairs. Students will learn how muscles contract to produce force as well as some practical examples of how we can increase strength to produce more force over time. The benefits of increased strength will also be discussed and how strength is important for overall health and longevity. Students will learn some ways to measure changes in strength over time. Sports examples are used to demonstrate how strength improves performance. Finally, students will learn ways to get stronger using at-home activities. The videos used as part of this lesson will provide students with a brief warmup followed by a series of workouts: a circuit workout, a core circuit and ends with a group challenge.

Behavior Change Objective:

As a result of this lesson, students will increase their physical strength by participating in appropriate strength exercises.

Learning Objectives:

Students will be able to:

- Understand generally how strength translates to daily activities.
- Recognize that being stronger is not just for athletes.
- Recite different ways to test your strength.
- Recite some practical implications of strength.
- Name some activities they could do at home to improve their strength.

Educational Standards:

NJSLS for Comprehensive Health and Physical Education: 2.6.8.A.1; 2.6.8.A.4; 2.5.8.A.2; 2.5.8.B.2; 2.1.8.E.1; 2.1.8.E.4
NHES: 1.8.1; 1.8.2; 1.8.5; 5.8.4; 5.8.6; 6.8.1; 6.8.2; 7.8.1; 7.8.2; 7.8.3

Materials

- Videos & AV Equipment:
 - Strength Video- 8:06
 - General Warm-Up- 4:33
 - Strength Circuit – 8:51
 - Core Activity Circuit- 10:39
 - Knee Tap Challenge - 1:02
- Suitable floor space/surface
- Ball
- Stopwatch



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Before You Begin

- Review entire lesson - look through and see appropriate places to pause the video and engage students with a question for students to answer in pairs, small groups, or to the whole class
- Review Classroom Management techniques (suggested tutorials below)
 - [How to Handle an Out of Control Middle-School Classroom](#) (start at 2:03)
 - [How to Make a Noisy Class Quiet](#) (start at 2:40)
 - [SPARK Classroom Management Strategies](#) – specific to PE classes
- Gather your materials
- Ensure students have space to move
- Set up AV equipment and provide space for film viewing.
- **TIP:** It is helpful to have the instructor model movements in between circulating, coaching, and cueing students

Procedure

1. Activate Prior Knowledge: What are some examples of endurance exercise? How can we take our heart rate? What are some benefits to doing cardiovascular exercise?

2. Introduce the Lesson:

a. Show video entitled [Strength](#) (Video 1)

i. Pre-Video Questions:

1. What do you think of when you hear the word strong?
2. What are some ways you can improve your strength?
3. What sport do you think needs the most strength?

ii. Post-Video Questions:

1. What part of the body is responsible for generating our strength?
2. What are ways we can improve strength at home?

3. [General Warm-Up](#) (Video 2)

4. Teaching/Skill:

a. Break into two groups- take about 5-10 mins per group (I suggest using a clock on the screen to manage your and the students' time)

i. Squat group

1. technique - demo, position, posture, etc.
2. modifications- chair, bench, etc.
3. everyone attempts 10 together
4. if time allows maybe show a lunge or other type of squat for a variety

ii. Push up group

1. technique - demo, position, form, etc.
2. modifications- kneeling, wall push up, bench push up
3. everyone attempts 10 together
4. if time allows, show a pike push up, etc.



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- iii. Flip groups and repeat
- iv. Bring both groups together and have them alternate- between the two - they can ladder up like 1:1, 2:2 up to 5, or do "I go, you go" with a partner, etc.

5. **Activity:** Guide students through a series of **Strength Assessments** (Video 3) including pushups, toe taps, squats, pike push up, side squats, a **Core Circuit** (Video 4), and the **Knee Tap Challenge** (Video 5). Make sure each student is taking as much rest as they need. Everyone will need different rest intervals.

- Break into two groups- take about 5-10 mins per group (I suggest using a clock on the screen to manage your and the students' time)
 - Squat group
 - technique - demo, position, posture, etc.
 - modifications- chair, bench, etc.
 - everyone attempts 10 together
 - if time allows maybe show a lunge or other type of squat for a variety
 - Push up group
 - technique - demo, position, form, etc.
 - modifications- kneeling, wall push up, bench push up
 - everyone attempts 10 together
 - if time allows, show a pike push up, etc.
 - Flip groups and repeat
 - Bring both groups together and have them alternate- between the two - they can ladder up like 1:1, 2:2 up to 5, or do "I go, you go" with a partner, etc.
- Students will perform the **Core Circuit** (Video 4) - crunches, glute bridges, superman's, planks, reverse crunches, crab, and side leg lifts.
- Students will participate in the **Knee Tap Challenge** (Video 5).
 - Students will undergo the challenge to see how many consecutive knee taps they can get in a row.

6. Cool Down - **Yoga & Meditation**

- a. Pre-Cool Down Question: why might it be important to do something like yoga or mindful breathing after a hard workout?



6th-8th Grade Lesson 3: EXTENSION ACTIVITIES

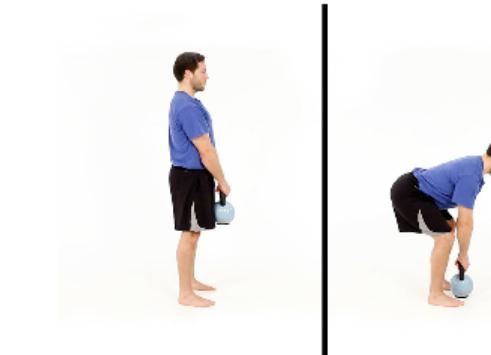
Squat



Sets: 3 Reps: 8-12 Resistance: -- Hold: -- Rest: -- Times Per Day: -- Times Per Week: --

Description: Begin standing with your feet at shoulder width apart. Slowly perform a squat by keeping your back straight and bending at your knees and hips, lowering your body down as if you were going to sit in a chair. Make sure feet stay flat on the ground, do not let heels come up and keep your knees from going past your toes. Stand back up to starting position. Repeat as directed.

Kettlebell RDL (Romanian Deadlift)



Sets: 3 Reps: 8-12 Resistance: -- Hold: -- Rest: -- Times Per Day: -- Times Per Week: --

Description: Starting Position: Begin by standing tall with feet shoulder width apart and knees unlocked. KB starts between your feet with the handle of kettlebell lining up with your ankles. Movement: Proceed into a hip hinging motion sitting hips back while maintaining natural curve of your back and reach for handle of kettlebell. Once gripped engage your core and lock your shoulder

Comments: Can be done without weight or you can grab something to hold like a text book or back pack

Step Up



Sets: 3 Reps: 8-12 Resistance: -- Hold: -- Rest: -- Times Per Day: -- Times Per Week: --

Description: Position: Standing. Movement: Stand in front of step. Step up onto step with right leg and bring left leg up to meet it. Return to floor with both feet. Repeat with left side.

Heel Raise



Sets: 3 Reps: 8-12 Resistance: -- Hold: -- Rest: -- Times Per Day: -- Times Per Week: --

Description: Begin by standing in front of a stable surface. Gently lift both heels of the ground and push up onto your toes keeping your knees straight. When fully lifted, slowly lower your heels back to the ground. Repeat as directed.

Comments: both sides



6th-8th Grade Lesson 3: EXTENSION ACTIVITIES

Push Up on Knees



Sets: 3 Reps: 8-12 Resistance: -- Hold: -- Rest: -- Times Per Day: --
Times Per Week: --

Description:

Starting Position: Begin lying flat on your stomach on the floor. Place your hands at your sides just outside your shoulders. Bend your knees so that your feet are off the floor. Movement: Engage your core and push into the floor with your hands so that your trunk lifts off the floor until your arms are fully extended. Make sure to keep your knees, hips, and shoulders in a straight line. Repeat as prescribed. Tip: Be sure to keep your neck in neutral as well.

Push Ups



Sets: 3 Reps: 8-12 Resistance: -- Hold: -- Rest: -- Times Per Day: --
Times Per Week: --

Description: Starting Position: Begin in a plank position on your hands.

Movement: Starting position, engage abdominals and your glutes to tuck your pelvis, then push chest as far from the floor as you can to achieve end range protraction. Lower your trunk towards the floor keeping your trunk rigid, then push back to the starting position. Tips: Push-ups challenge your core strength as much as they challenge the strength of your shoulders. If your hips/belly hit the floor first then you are losing the core component of the exercise, you must keep your trunk rigid and stable. Doing push-ups from an elevated position will

Prone Pike



Sets: 3 Reps: 8-12 Resistance: -- Hold: -- Rest: -- Times Per Day: --
Times Per Week: --

Description: Starting position is lying on your stomach with hands up by your shoulders in a push up position. Begin exercise by tightening abdominals and performing a push up. Once you have pushed yourself up and your body and arms are straight, lift your hips back and upwards creating a V with your body. Pause and then slowly return to the starting position. Maintain tight abdominals throughout exercise, perform specified number of repetitions.

Tricep Push Ups in Chair



Sets: 3 Reps: 8-12 Resistance: -- Hold: -- Rest: -- Times Per Day: --
Times Per Week: --

Description: Begin seated in an armed chair with your feet flat on the floor. Place both hands on the arms of the chair, and lift your bottom off of the chair by straightening your elbows. Slowly bend your elbows, lowering your bottom back to the chair. Repeat as directed. You can make this exercise easier or harder depending on how much weight you put through your legs.

Comments: Bend your elbows and draw your head towards the ground, then press back up straightening your arms for a pike push up

Plank



Sets: 3 Reps: 30" Resistance: -- Hold: -- Rest: -- Times Per Day: --
Times Per Week: --

Description: Begin by lying on your stomach with both forearms under your chest. Keeping your abdominals tight, push up through your forearms so that your chest, hips, and knees are off the ground. You should be able to draw a straight line from your ankles, through your hips to your shoulders. Hold as directed. Repeat as directed.