Name/Title: **Fitness/Strength Conditioning Mini-lesson**

Purpose of Event: Students will describe a piece of strength conditioning equipment, what muscle (or muscles) are isolated, and how strengthening this muscle will improve skill performance in the unit they are presently taking.

Prerequisites: Knowledge of names of muscles and their function.

Suggested Grade Level: 6-8

Materials Needed:

- Weight room with fitness equipment.
- Human body muscle chart.

Description of Idea

Start or finish class in the weight room. Have each student (or pairs of students)choose a piece of equipment. Their task will be to explain what muscle (or muscles) are isolated during the exercise, and how strengthening that muscle will improve their performance in specific skills performed within the PE unit they are presently taking. Refer students to the muscle chart to help determine what muscles are being used. This activity will test students on their knowledge of the human muscle system, and how strength training effects skill development and execution.

Assessment Ideas:

Students could write a short paper explaining their presentation.

Students could take a written test on all presentations.

Teaching Suggestions:

APE students should be able to perform this activity with few, if any, modifications.

Submitted by **Fred Parker** in Brockport , NY . Thanks for contributing to PE Central! **Posted on PEC: 5/17/2000**.

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