

# 7<sup>th</sup> Grade PE

This packet contains 2 parts:

Part 1:

A guide to staying physically active including sample exercises and an activity log for 3 weeks. All 3 weeks of activity logs can be turned in together once completed.

Part 2:

An informational guide to a sport we cover as part of this year's curriculum. There are several worksheets to be completed including a word search and crossword related to the sport. This can be turned in with your activity logs.



# Example Worksheet

(Use this as a template to track your activity)

You may use activities from the sheets provided or research other exercises for cardio, upper body, lower body, and core strength.

<b>Day</b>	<b>Activity (Quick Description)</b>	<b>Time (min)</b>	<b>Type (What did it work?)</b>
Monday	Pushups and Crunches	10 min	Upper Body and Core
	Walking	30 min	Cardio and Legs
	Housework	20 min	Upper Body
	Total:	60 min	
Tuesday			
Wednesday			













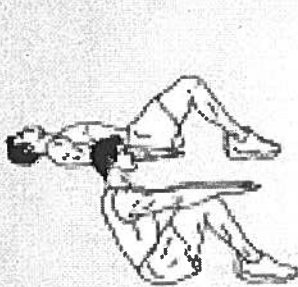




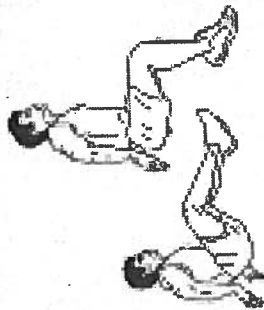
# code of abs

DAREBEE WORKOUT @ darebee.com

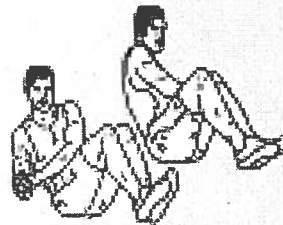
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



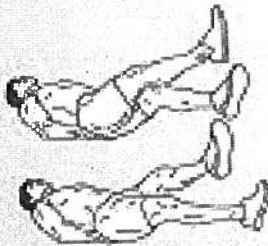
**10** sit-ups



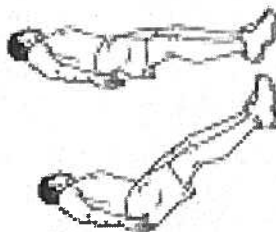
**10** reverse crunches



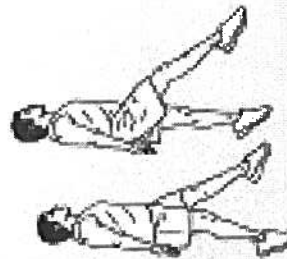
**10** sitting twists



**8** scissors



**8** leg-raises



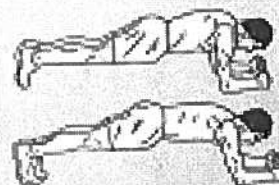
**20** flutter kicks



**30sec** plank



**30sec** elbow plank



**8** body saw

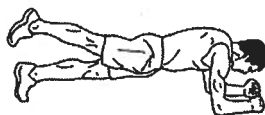
# core builder

DAREBEE WORKOUT © darebee.com

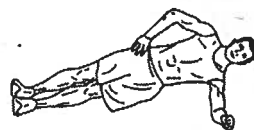
Switch sides on the fly, halfway through the exercise.



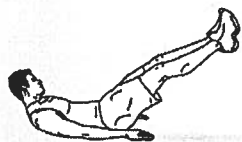
**20sec** elbow plank



**40sec** raised leg plank



**40sec** side plank



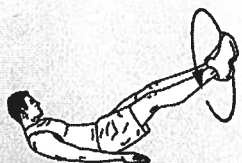
**20sec** raised leg hold



**20sec** leg raises



**20sec** slow kicks



**20sec** raised leg circles



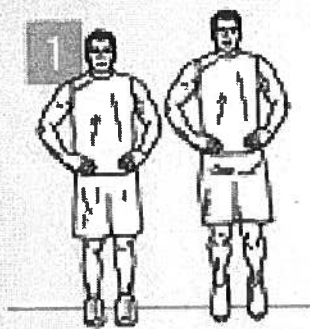
**20sec** side-to-side tilts



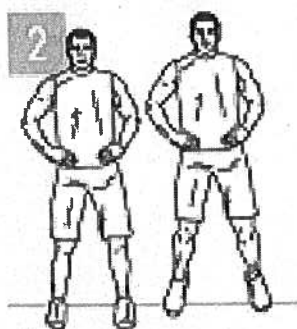
**40sec** side leg raises

# cardio jump workout

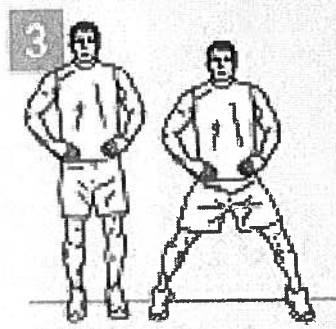
Repeat 3 times | up to 2min rest between sets  
@ nellarey.com



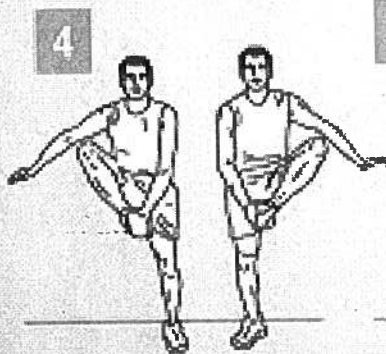
**10** jump on a spot



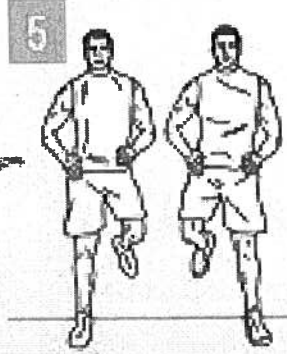
**10** wide leg jumps



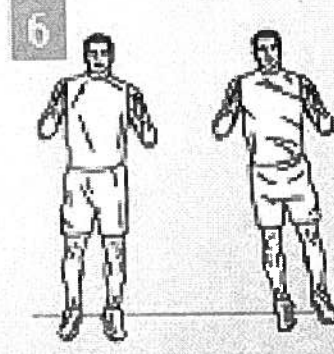
**10** half star jumps



**10** toe tap jumps



**10** side-to-side  
single leg jumps



**10** side-to-side jumps



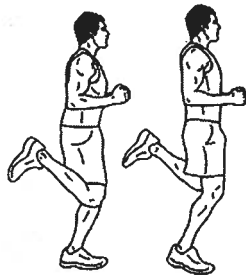
# 2-minute cardio

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

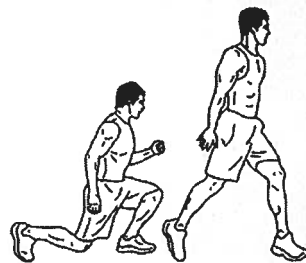
20 seconds each exercise | no rest between exercises



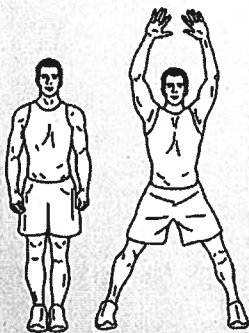
1. high knees



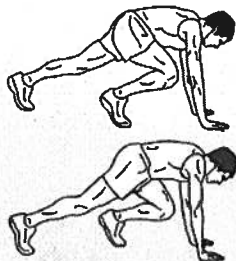
2. butt kicks



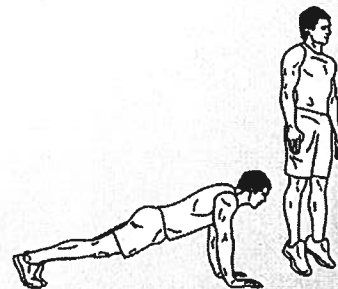
3. jumping lunges



4. jumping jacks



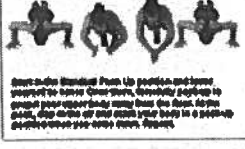

5. climbers



6. basic burpees

# UPPER BODY

## Body Weight Exercises

PUSH UPS				
<b>KNEELING PUSH UP</b> Pushups target triceps, anterior deltoid, pectoralis major/minor, serratus anterior, external oblique. Start in the upper pushup position with knees under shoulders and feet under hips. Lower your chest to the floor, then push up. 	<b>STANDARD PUSH UP</b> Pushups target triceps, anterior deltoid, pectoralis major/minor, serratus anterior, external oblique. Start in the upper pushup position with hands under shoulders and feet under hips. Lower your chest to the floor, then push up. 	<b>ALTERNATE HAND POSITIONS</b>		
		<b>Standard</b> Start in the Standard Pushup position. 	<b>Diamond</b> Place hands on the floor, feet under hips. 	<b>Yoga</b> Place hands on the floor, feet under hips. 
<b>INCLINE PUSH UP</b> Pushups target triceps, anterior deltoid, pectoralis major/minor, serratus anterior, external oblique. Place hands on the edge of a chair or bench. 	<b>SHOULDER TAP</b> Pushups target triceps, anterior deltoid, pectoralis major/minor, serratus anterior, external oblique. Start in the Standard Pushup position. Tap your right shoulder with your left hand, then your left shoulder with your right hand. 	<b>SCORPION</b> Pushups target triceps, anterior deltoid, pectoralis major/minor, serratus anterior, external oblique. Start in a Standard Pushup position. Lift one hand and leg. 	<b>DECLINE PUSH UP</b> Pushups target triceps, anterior deltoid, pectoralis major/minor, serratus anterior, external oblique. Place hands on the floor, feet under hips. 	
<b>CLAPPING PUSH UP</b> Pushups target triceps, anterior deltoid, pectoralis major/minor, serratus anterior, external oblique. Start in the Standard Pushup position. Clap your hands together as you push up. 	<b>SPIDERMAN PUSH UP</b> Pushups target triceps, anterior deltoid, pectoralis major/minor, serratus anterior, external oblique. Start in a Standard Pushup position. Lift one hand and leg. 	<b>PUSH UP WALK OUT</b> Pushups target triceps, anterior deltoid, pectoralis major/minor, serratus anterior, external oblique. Start in the Standard Pushup position. Walk your hands out. 	<b>HOVER PUSH UP</b> Pushups target triceps, anterior deltoid, pectoralis major/minor, serratus anterior, external oblique. Start in the Standard Pushup position. Hover your feet. 	
<b>SHOULDER PRESS</b> Anterior deltoid, triceps, pectoralis major/minor, serratus anterior, external oblique. Start in a Standard Pushup position. Press your hands up. 		<b>PULL UPS (WIDE)</b> Latissimus dorsi, biceps, pectoralis major/minor, serratus anterior, external oblique. Grasp the bar with a wide grip. Pull your body up. 	<b>CHIN UPS</b> Latissimus dorsi, biceps, pectoralis major/minor, serratus anterior, external oblique. Grasp the bar with a narrow grip. Pull your chin up. 	
<b>SUPINE PUSH UP</b> Anterior deltoid, triceps, pectoralis major/minor, serratus anterior, external oblique. Lie on your back with feet under hips. Push up. 	<b>TRICEP DIPS (BENT LEGS)</b> Triceps, pectoralis major, anterior deltoid. Sit on a chair with feet under hips. Dip down. 	<b>TRICEP DIPS (STRAIGHT LEGS)</b> Triceps, pectoralis major, anterior deltoid. Sit on a chair with feet under hips. Dip down. 	<b>TRICEP DIPS (RAISED LEG)</b> Triceps, pectoralis major, anterior deltoid. Sit on a chair with feet under hips. Dip down. 	

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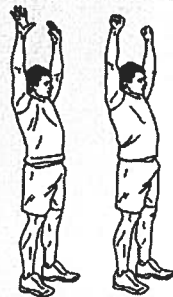
**Safety**  
 1. Exercise frequency should be adjusted and based on return phase.  
 2. Stop if you feel sharp pain.  
 3. If necessary, consult your doctor. Please see other info.  
 We strongly recommend you consult your physician before beginning any exercise program.

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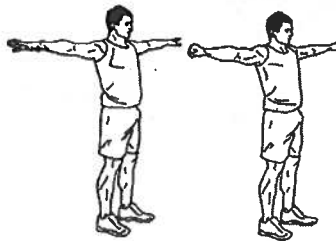
# DIGITAL DOWNLOAD

# UPPERBODY TENDON STRENGTH

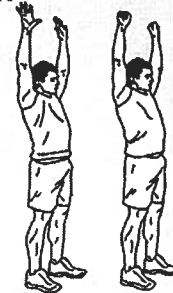
DAREBEE WORKOUT © darebee.com



**30sec** clench/unclench  
overhead



**60sec** clench / unclench  
arms raised to the side



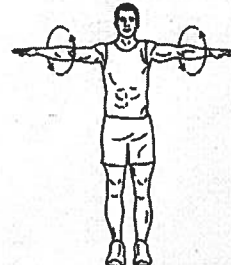
**30sec** clench/unclench  
overhead



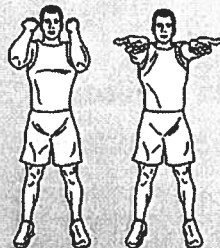
**30sec** raised arm circles



**60sec** hold



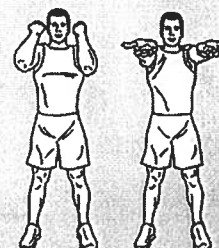
**30sec** raised arm circles



**30sec** bicep extensions



**60sec** hold



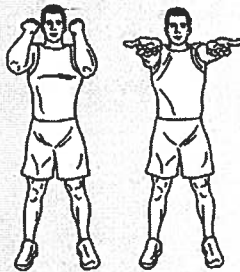
**30sec** bicep extensions



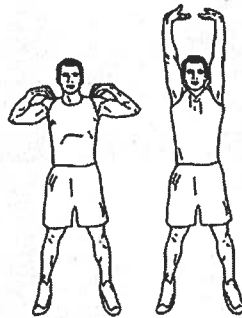
# upperbody works

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

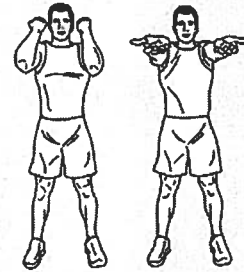
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



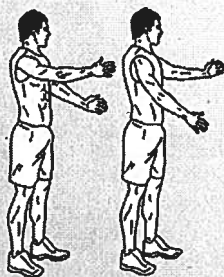
20 bicep extensions



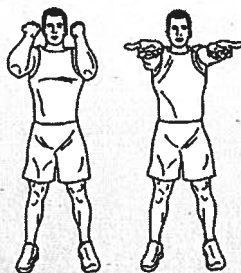
20 standing shoulder taps



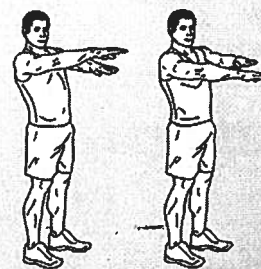
20 bicep extensions



20 scissors chops



20 bicep extensions



20 arm scissors

# LOWER BODY

## Body Weight Exercises

### AIR SQUAT

Quadriceps, Glutes Maximus, Hamstrings, Hip Flexors

Stand with your feet shoulder-width apart and toes pointing out slightly. Slightly push your legs back and down until you reach a comfortable depth. Sit, Stand, Squat, Stand a slight arch in your back throughout. From the bottom of the squat and slowly return to standing.

### SUMO SQUAT

Quadriceps, Glutes Maximus, Hamstrings, Hip Adductors

Take a very wide stance, feet pointing out, and cross ankles over chest. Stand tall with the toes and heels parallel to the floor. As you squat, focus on lowering your hips with the chest up. From the bottom of the squat and slowly return to standing.

### COSSACK SQUAT

Quadriceps, Hip Adductors, Hip Abductors, Glutes Maximus

From standing, step out with one leg, knee slightly pointed out. Lower yourself as deep as you can on that leg, keeping your torso upright. Your extended leg should be straight, while the bent leg is slightly curved. Reverse the motion to push yourself back up to the start position.

### STATIC CHAIR POSE

Quadriceps, Glutes Maximus, Hamstrings, Triceps, Erector Spinae

From standing, sit back as you step your arms up while tending your hands and your thighs are angled parallel to the floor. Keep your head and neck in neutral alignment. Do not let your knees go beyond your toes. Walk to getting the hips lower while tending the chest up. Hold for one minute.

### TUCK JUMP

Quadriceps, Glutes Maximus, Hamstrings, Gastrocnemius, Hip Flexors

From standing, hold your knees by crossing into a squat position. Without pausing, quickly tuck in as you pull your knees to your chest. Catch yourself in a 90-degree position when you come down.

### JUMPING SQUAT

Quadriceps, Glutes Maximus, Hamstrings

From standing, draw your arms backward as you lower into a squat position to keep the buttocks in one position, bring your arms forward and up as you explosively jump straight up. When you land, lower your body back into the squat position to complete one rep.

### PISTOL SQUAT

Quadriceps, Glutes Maximus, Hamstrings, Hip Adductors

Shift your weight onto one foot and lift the other off the floor. Bring the lifted leg straight out to the front. As you squat with the other leg, point all the way out, reaching out to touch toes. Slowly return to standing. \*NOTE: Very Challenging

### LUNGE

Quadriceps, Glutes Maximus, Hamstrings

Stand with your hands at your sides. Take a step forward with one leg, then lower the back knee toward the floor. From the lunge, step back up to standing and then push back up to standing. Repeat with the other leg.

### REVERSE LUNGE

Quadriceps, Glutes Maximus, Hamstrings

From standing, take a big step backward with one foot. Once it has occurred, lower the back knee toward the floor. From the lunge, step back up to standing. Repeat with the other leg.

### SPLIT SQUAT

Quadriceps, Glutes Maximus, Hamstrings

Start with feet spaced well apart, one in front of the other, hands on hips. Keep the same foot position throughout the exercise. Slowly lower your body straight down until the back knee is close to touching the floor and both knees are bent to 90 degrees. Push back up into the starting position and repeat.

### CURTSEY SQUAT

Quadriceps, Glutes Maximus, Hamstrings, Hip Adductors

Stand with hands on hips, feet hip distance apart. Take a big step forward with one foot, bring it up and strike to the opposite side of the back and landing it directly in front. Keep the hip and foot facing forward. Lower the back knee toward the floor, pointing just before it touches and then push back up to standing. Repeat with the other leg.

### SKATER SQUAT

Quadriceps, Glutes Maximus, Hamstrings, Hip Adductors

From standing, sit one foot off the floor as you lean forward, bending the standing knee while bringing the other knee down behind. Bring your hands to head to compensate at your knees. Alternating between one leg, continue until your back knee is behind the front knee. Pause, then quickly push back up to start.

### SIDE LUNGE

Quadriceps, Glutes Maximus, Hamstrings, Hip Adductors

Standing with hands on hips, take a step to the side with one foot. Bend into the knee of the engaged leg and shift your weight to that side. Move your chest up and weight over your legs as you lower your hips. Point at the bottom, then push yourself back to standing.

### DONKEY KICK

Glutes Maximus, Hamstrings, Triceps, Erector Spinae

Get on all fours with your hands directly under hips and head under shoulders. Lift one leg off the floor, keeping the knee at a 90-degree bend. Slowly push the foot of the lifted leg toward the ceiling. Pause and return.

### CALF RAISES

Gastrocnemius, Soleus

Standing on a box, raise your heels bringing off the edge. Stand on a tall bar support. Lift your heels as high as you can by pushing through the balls of your feet. Hold briefly. Then come back down. If you are standing on a step or step by to clearly lower the heels beyond the level of the step to maximize range of motion. Repeat.

### ONE LEGGED BALANCE

Hamstrings, Glutes Maximus, Erector Spinae, Quadriceps, Gastrocnemius, Hip Adductors

Placing both feet upright, lift your right arm over your head, holding the other arm straight out to the side. Slowly step forward with the right foot and your head and legs are parallel to the floor. From there to start by lowering your chest on the standing leg to push your hip forward.

### STEP UPS

Quadriceps, Glutes Maximus, Hamstrings, Gastrocnemius, Soleus

Using a step, raise or lower, place the foot on the raised surface and push through your heels to lift the body off the floor. As you come up, lift the other foot, and opposite side arm, into the air until the knee is at 90 degrees and the thigh is parallel to the floor. Carefully step back down and repeat with the other leg.

### SIDE LYING LEG LIFT

Obliques, Soleus

Lie on your side, so the body is straight through the shoulders, hips and lower abdomen leg can be slightly bent for balance. Lift your upper leg as high as you can, keeping it straight and legs slightly pointed upward in a clear and controlled fashion, lower the leg.

### ADDUCTOR LEG RAISE

Hip Adductors, Gluteus Medius

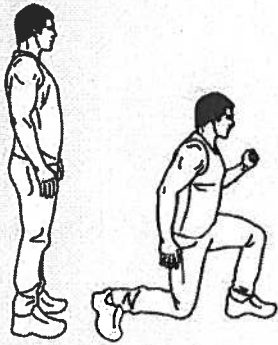
Lie on your side with the bottom leg straight and the top leg with knee bent. Place the foot flat on the floor and in front of the bottom knee. Raise the bottom leg as high as you can, pause briefly and lower. Repeat.

# Lower Body Works

DAREBEE WORKOUT

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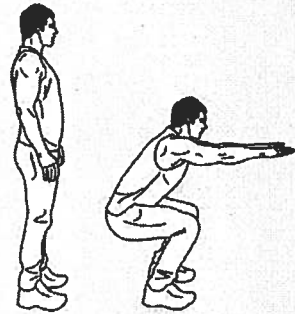
repeat 3 times | 1 minute rest



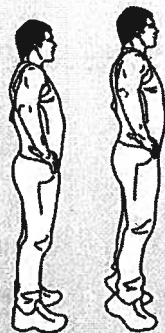
10 forward lunges



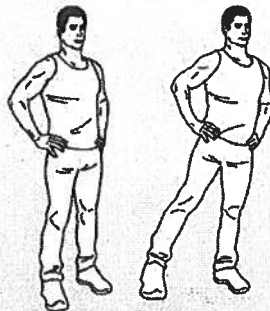
10 calf raises



10 squats



10 calf raises



40 side leg raises

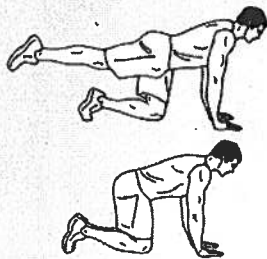


10 calf raises

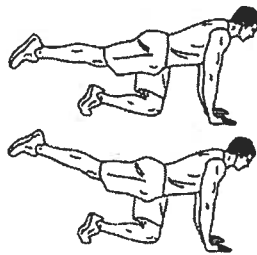


# LOWERBODY TENDON STRENGTH

DAREBEE WORKOUT © darebee.com



**20sec** leg extensions

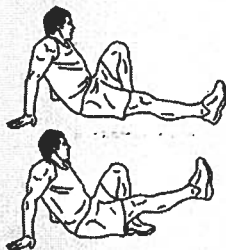


**20sec** raised leg swings



**20sec** hold

+ change sides and repeat the sequence



**20sec** leg raises



**20sec** raised leg circles

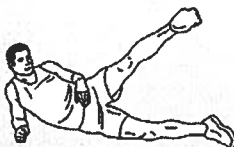


**20sec** hold

+ change sides and repeat the sequence



**20sec** side leg raises



**20sec** raised leg kicks



**20sec** hold

+ change sides and repeat the sequence

# PHYSICAL EDUCATION LEARNING PACKET # 2

## BADMINTON

### INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity, and relates its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

### INTRODUCTION

Badminton is a popular and physically demanding game with an interesting history. Like most sports, it requires that players be physically fit and alert. The game demands intense playing time on the court—in fact, games can last anywhere from thirty to ninety minutes.

Badminton is considered a good sport to help build and maintain overall fitness. During an average game, players jump, run, turn and twist in many different directions. In fact, a top-level amateur badminton player runs more in a badminton game than a football end does during a one-hour football game. A badminton player also uses his/her arms more than a pitcher does in the average one and one-half hour baseball game! In short, badminton is great aerobic exercise. It's a fun sport and also is a means to better physical fitness.

### HISTORY OF THE GAME

Badminton is said to have been played centuries ago in China; the earliest written records of the game date back to the twelfth century. However, the game that we know today as badminton was first played in England in 1873 by soldiers returning from military service in India. There the game was called "poona."

In 1903, the first international badminton competition was played in Ireland. The International Badminton Federation (IBF) was founded in 1934. The IBF claims that today, more than 53 countries participate in international badminton competitions. Badminton

is not just a local or national activity. It is an Olympic sport.

## **HOW BADMINTON IS PLAYED**

In many ways, badminton is similar to tennis. Once it is determined which player will serve first, play starts from the right service court. A "shuttlecock" or "shuttle" is used instead of a ball.

One popular form of shuttle has a cork base with sixteen feathers arranged around the edges. This type of shuttle is light in weight—only one-sixth of an ounce, although it is more expensive than the plastic version. The plastic shuttle is thought to be as effective as the feathered version, is more durable and less expensive.

When served, the shuttle has to fall into the corresponding court diagonally opposite the server. The receiving player then returns the shuttle and continues to do so until one player either fails to return the shuttle or commits a fault.

In badminton, a fault consists of a shuttle falling outside the boundaries, failing to go over the net, and/or going through the net. Striking the shuttle before it crosses the net and touching the net with the racquet or part of the body also qualify as faults.

The server is the only player who can make points. If the server wins the point, he or she continues to serve. However, the second serve then is made from the left side of the court. The serve lasts until the player fails to hit the serve into the proper court or makes a fault. When this happens, the second player serves his/her first service from the right court. The serving player alternates from the right to the left service court until the serve is lost.

The International Badminton Federation's new scoring rule number 9.3 states that for men's singles or doubles games if a player (or side) achieves the score 15-0, the game is won. A match is considered the best two out of three games. The same rules that apply to singles play also apply to doubles play except for the order of serving and receiving. The IBF scoring rules for women's singles and doubles list 11 points as needed to win a game.

## **PLAYING TECHNIQUES**

### ***FOREHAND/BACKHAND SHOTS***

Basic forehand shots are similar to throwing a ball: the hand flexes at the wrist. Basic



backhand shots are best described as flicking: the hand extends at the wrist.

Both types of basic shots are best executed when the player is in a ready stance—knees bent, arms at waist level and weight forward.

## ***SERVE***

The serve is an underhand shot. The racquet head must be below the level of the server's hand while the shuttle is hit below waist level.

It is especially important to follow through the serve by continuing to keep the racquet moving upward after the shuttle is hit. If the racquet does not complete the follow-through, the shuttle may end up in an undesirable location.

## ***SMASH SHOT***

This type of shot is considered the ultimate "attacking" shot and requires a powerful arm stroke. It can be played from anywhere on the court, although it is usually played between the doubles back and the front service lines.

## ***CLEAR***

This unusual defensive stroke is employed in singles and generally used sparingly. The object is to hit the shuttle high and deep to the opponent's back court. This shot is played well behind the shuttle. The point of impact is directly above or slightly behind the head. The arm moves straight up as racquet head and shuttle meet.

## ***DROP***

This shot is sometimes referred to as a "controlled smash" shot. It differs from the smash because it is hit with less force. The drop is considered a sure way to score a point when the opponent is out of position. To execute this shot, the player must use the same motion as with any overhand stroke except that he/she tilts the racquet head slightly to cause the shuttle to move downward.

## ***FOREHAND DRIVE***

This shot is used when the shuttle is too low to smash. The forehand drive is hit hard with the full racquet face slightly in front of the body at full arm's length.

## **FOREHAND UNDERARM CLEAR**

This can be a tricky shot. It is best described as hitting a high serve, only lower down. The player lunges forward with the front knee bent and the back leg slightly bent while he/she leans toward the shuttle.

## **BACKHAND DROP**

The overhand backhand shot is performed the same way that the clear and smash are played. This shot demands both excellent timing and wrist-snap action.

## **EQUIPMENT AND CLOTHING**

The equipment needed to play badminton is simple. Aside from the regulation court (22 feet in length by 17 feet in width) and net, badminton requires only a racquet and shuttlecock. The badminton racquet resembles a tennis racquet, although it is lighter in weight—usually between three and five ounces. Most contemporary players prefer metal racquets over wooden ones.

Clothing is similar to that worn by tennis players: light polo shirts or blouses are worn to provide freedom of movement. Footwear should provide good support and an adequate grip on the surface of the court.

## **BADMINTON NOTES AND NEWS**

In recent badminton news, the 1995 badminton World Grand Prix Women's Doubles championship was won by Gil Younghe and Jang Hyeock of Korea. The Mixed Doubles were won by Trikus Horguito and Mincrti Timuk of Indonesia.

The World Cup competition was held in Jakarta, Indonesia. The Men's Singles championship was won by Joko Suprianto of Indonesia. The Women's Singles were won by China's Ye Zhaoying.

Badminton is also an Olympic sport. Gold Medalists at the 1992 Barcelona Olympic competition were:

**Men's Singles**

**Alan Budi Kusuma, Indonesia**



# **STUDENT RESPONSE PACKET**

## **BADMINTON**

**NAME** \_\_\_\_\_

**DATE** \_\_\_\_\_

### **WHAT TO DO**

The following questions will help you to have a greater appreciation and understanding of badminton. Write your answers in the spaces below the questions. If there is not enough room, write on the backs of these sheets. Be neat, spell correctly, and write in complete sentences.

- 1. Why is badminton a good game to help maintain and improve physical fitness?**
  
  
  
  
  
  
  
  
  
  
- 2. What equipment is needed to play badminton?**
  
  
  
  
  
  
  
  
  
  
- 3. Who can make points in a badminton game?**
  
  
  
  
  
  
  
  
  
  
- 4. How is a badminton game won?**

5. Describe a forehand shot.

6. What is a smash shot?

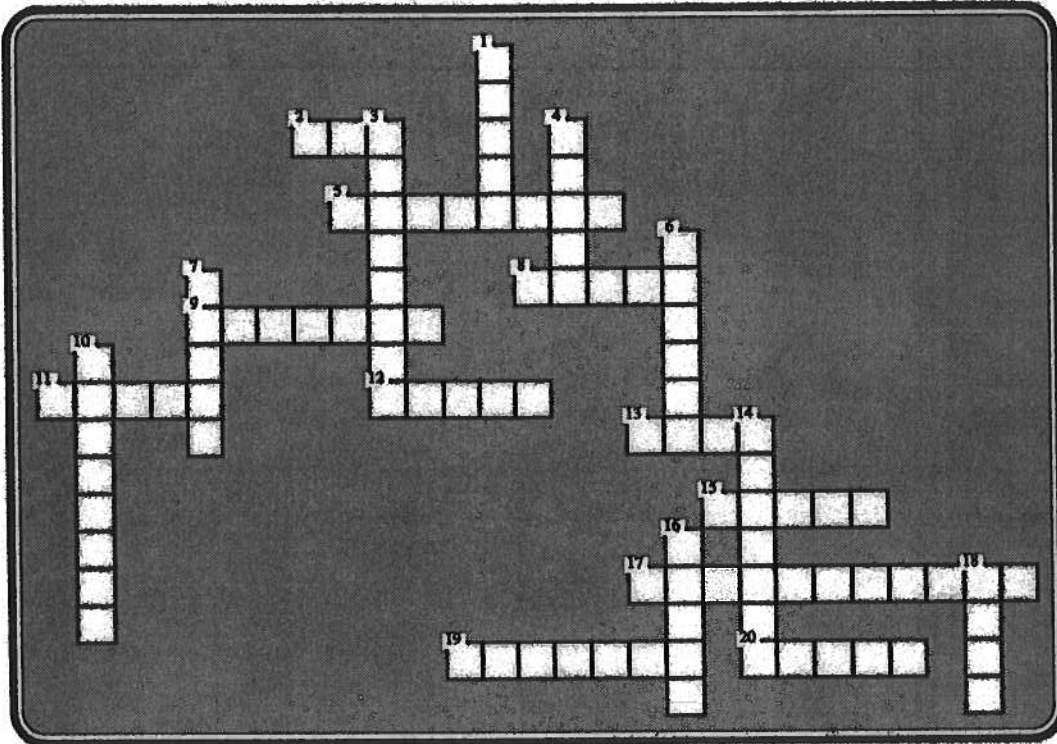
7. What is a drop? a backhand drop?

8. When is a forehand drive used?

9. What is especially tricky about the forehand underarm clear?

10. Give a brief history of badminton.

Name: \_\_\_\_\_ Date: \_\_\_\_\_



**Across:**

- 2. Acronym for badminton federation founded in 1934
- 5. Done with a "flicking" motion
- 8. This is always an underhand shot
- 9. A badminton racquet is \_\_\_\_\_ than a tennis racquet
- 11. Name of badminton played by British in India
- 12. The ultimate attacking shot
- 13. A controlled smash
- 15. When a shuttlecock falls out of bounds
- 17. What you hit in badminton
- 19. Number of points needed to win a game
- 20. This is 22 feet long and 17 feet wide

**Down:**

- 1. Best of three games
- 3. Vanes used to be made of them
- 4. A shuttlecock weighs one-sixth of one
- 6. The only player who can score a point
- 7. A rarely used high and deep defensive stroke
- 10. Motion similar to throwing a ball
- 14. Shuttlecocks are now made of this
- 16. Where badminton was played hundreds of years ago
- 18. The traditional shuttlecock base was made of this material

Name: \_\_\_\_\_

Date: \_\_\_\_\_



Use the clues below to discover words in the above puzzle. Circle the words.

1. A rarely used high and deep defensive stroke
2. This is always an underhand shot
3. A badminton racquet is \_\_\_\_\_ than a tennis racquet
4. Motion similar to throwing a ball
5. Acronym for badminton federation founded in 1934
6. Where badminton was played hundreds of years ago
7. The ultimate attacking shot
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