

## Physical Health-Proper Lifting Form

### Learning Objectives

- I can practice proper lifting techniques.

### Teacher Notes

- Follow along with the video.
- This lesson will include pauses that will involve student response or time to complete the activity. Please pause the video as instructed for as long as needed.

### Lesson Steps: Video Outline [2.3c Video](#)

#### *Step 1 Introduction*

- Do you know how to properly lift a heavy backpack?
- Can you practice lifting yours correctly?

#### *Step 2 Activity*

- Review:
  - Backpack Lifting
    - Be sure to not overload your backpack.
    - Keep feet shoulder width apart and bend your knees.
    - Grab your backpack with both hands and lift with your legs by standing up.
    - Put your backpack on both shoulders.
    - Ensure it is between your shoulders and your hips.
- Activity: Backpack Workout
  - Teacher will play the [Backpack Workout Video](#) by PE Bowman.
  - Have a class discussion as needed.

#### *Step 3 Closure*

- Can you practice proper lifting technique with your backpack everyday?

### Assessments

- Pre: Questions will introduce topic, engage learners, and access prior knowledge



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**Physical Health**  
**GR2-HP-6**  
**Second Grade - 2.3c**

- Post: The activity will demonstrate student understanding of material covered during class. Teacher will observe student choices to determine level of understanding.

### **Extensions/Connections/Applications**

- The teacher can have more discussion as desired with students throughout the lesson.

### **Resources/References**

- [Backpack Workout by PE Bowman](#)
- [Health Smart VA](#)
- [Kids Health](#)