



9-12/Team Sports

April 13, 2020



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Lesson: [April 13, 2020]

Objective/Learning Target:

Students will participate in a full body activity to remain physically active.

Students will learn about the rules of Table Tennis.

Heart Rate Zone

Find your maximum heart rate:

$$220 - \text{age} = \text{MHR}$$

To find your heart rate watch the following clip. [Heart Rate](#)

Based on what you want, look at the zones chart.

What zone do you want to be in for the day?



total abs

DAREBEE WORKOUT © darebee.com

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



20 sit-ups



20 reverse crunches



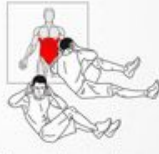
20 sitting twists



20 high crunches



20 knee crunches



20 knee-to-elbow crunches



20sec elbow plank



20sec side elbow plank



5 back extensions

Choose one of the following activities to complete.

LOWER BACK

REHAB WORKOUT
© darebee.com
3 sets | 2 minutes rest

IN COLLABORATION WITH
NHS choices



10 bottom to heels stretch



10 opposite arm / leg raises



10 back extensions



10 bridges



10 knee rolls

Cool Down Activity:

COOL DOWN AFTER WORKOUT



Table Tennis Pre-Test

Take the following quiz on Table Tennis to see how much you understand!

[Pre-Test](#)



Rules of Table Tennis

Watch the following video that instructs you on how to understand the rules of [Table Tennis](#).

