



# 9-12/Team Sports

**April 14, 2020**



9-12/Team Sports  
Lesson: [April 14, 2020]

**Objective/Learning Target:**

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

Students will watch a game of Table Tennis and analyze what they were doing and using the rules from yesterday to determine the winner.

# 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?



# BLACK WIDOW

DAREBEE WORKOUT  
© darebee.com  
LEVEL I 3 sets  
LEVEL II 5 sets  
LEVEL III 7 sets  
REST up to 2 minutes



40 punches



10 push-ups



20 squats



10 plank jump-ins



20 climbers



20 back kicks



20 triangle crunches



20 bridge taps



20 air bike crunches

Choose one  
of the  
following  
activities to  
complete.

# COWBOY

DAREBEE WORKOUT ★★★★★ © darebee.com  
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



30 jumping jacks



5 jump knee tucks



10 lunges



30 climbers



10 planks with rotations



30sec elbow plank

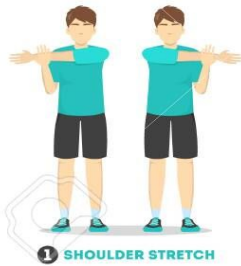


10 basic burpees



# Cool Down Activity:

## COOL DOWN AFTER WORKOUT



# Table Tennis Game

Watch the following Table Tennis game.

[Professional Match](#)

Who won the match?

How many points did they go?

Did they play singles or doubles?

How many sets did they play?