



9-12/Team Sports

April 15, 2020



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Lesson: [April 15, 2020]

Objective/Learning Target:

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

Students will learn that Table Tennis can be played at all levels.

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?



Sofa Workout

DAREBEE WORKOUT © darebee.com

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

IN COLLABORATION WITH **NHS** choices



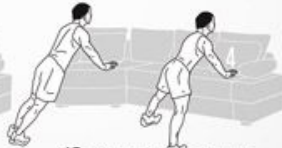
20 half squats



10 sofa dips



20 climbers



10 side-to-side sofa walks



10 leg raises



10 raised leg circles

Choose one of the following activities to complete.

DAUNTLESS

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets

REST up to 2 minutes



10 burpees



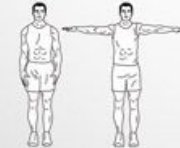
10 squat + front kicks



10 elbow strikes



5 jump knee tucks



10 arm raises



10 high knees



10 lunge step-ups

Cool Down Activity:

COOL DOWN AFTER WORKOUT

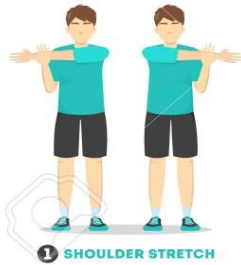


Table Tennis Levels of Play

Read the following article about the different levels of play for Table Tennis.

When reading and looking over the [article](#), think about the following:

- Do you play often, or at all?
- If you have played, what are your strengths and weaknesses?
- Is it realistic

