



9-12/Team Sports

April 16, 2020



9-12/Team Sports
Lesson: [April 16, 2020]

Objective/Learning Target:

**Students will participate in a workout
for the day.**

**Students will take a test on Table Tennis
rules.**

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?



CHEETAH

DAREBEE WORKOUT @ darebee.com

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



20 high knees



10 climbers



10 plank-into-lunges



20 high knees



10 climbers



10 climber taps



20 high knees



10 climbers



10 jump squats

Choose one
of the
following
activities to
complete.

KUNOICHI

DAREBEE WORKOUT @ darebee.com

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



20 butt kicks



20 knee strikes



20 combos heel click + squat



10 tricep dips



20 combos back fist + elbow strike



10 sit-up punches



10 side Vs



10 leg raises

Cool Down Activity:

COOL DOWN AFTER WORKOUT

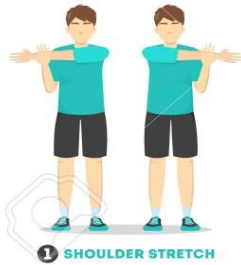


Table Tennis Test

Take the following test to see how much you understand about the rules of Table Tennis. Once complete, hit submit, and the answers will be revealed!

[TEST](#)

