



9-12/Team Sports

April 17, 2020



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Lesson: [April 17, 2020]

Objective/Learning Target:

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

**Students will also create their own Table
Tennis Creation!**

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?



MONKEY D

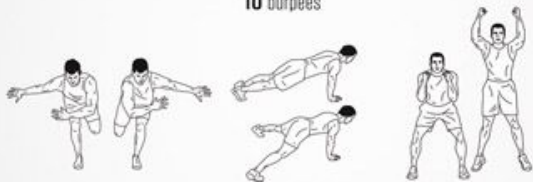
TRIBUTE WORKOUT by @darebee.com

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

REST up to 2 minutes



10 burpees



10 side-to-side jumps

10 plank jacks

10 jumps



20 punches

20 straight leg bounds

20 uppercuts

Choose one
of the
following
activities to
complete.

QUEEN OF HEARTS

WORKOUT BY DAREBEE @darebee.com

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



10 jump squats

10 squat punches

10 squat cross steps



20 punches

10 side kicks

10 hook kicks



20 high knees

10 front kicks

10 back kick extensions

Cool Down Activity:

COOL DOWN AFTER WORKOUT



Table Tennis Creation

Use the information you have learned for the week to create your own Table Tennis set-up.

Be creative when thinking about this! You can use your hand as a racket, spatula, or a toy from a sibling! Have a box be the net and have some fun! You can use a ping pong, a bouncy ball, or a soft ball that bounces a bit! Remember to follow the rules as you play and have fun!