



9-12/Team Sports

April 20, 2020



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Lesson: [April 20, 2020]

Objective/Learning Target:

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

Students will learn about the rules of Handball.

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?



super plank

DAREBEE WORKOUT © darebee.com



30sec plank



30sec wide leg plank



30sec elbow plank



30sec superman plank



60sec raised arm elbow plank
30 seconds - each arm



60sec side plank
30 seconds - each side

Choose one
of the
following
activities to
complete.



ENERGIZER

ENERGY BOOSTING © darebee.com

12 reps each exercise

repeat once whenever your energy levels are low



arm raises



chest expansions



half jacks



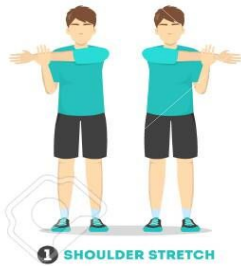
side bends



forward bends

Cool Down Activity:

COOL DOWN AFTER WORKOUT



Handball Pre-Test

Take the following quiz on Handball 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 [Handball](#).

