



# 9-12/Team Sports

April 21, 2020



9-12/Team Sports  
Lesson: [April 21, 2020]

**Objective/Learning Target:**

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

Students will watch a game of Handball 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?



# 2-minute abs

DAREBEE WORKOUT © darebee.com

20 seconds each exercise | no rest between exercises



Choose one of the following activities to complete.

## THE STRENGTH OF ASGARD THOR

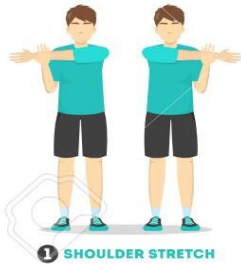
DAREBEE WORKOUT © darebee.com

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



# Cool Down Activity:

## COOL DOWN AFTER WORKOUT



# Handball Game

Watch the following Handball match.

Professional Match

Who won the match?

How many points did they go?

Did anyone get any red or yellow cards?

How did they work as a team to score?