

9-12/Team Sports

April 22, 2020



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Lesson: [April 22, 2020]

Objective/Learning Target:

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

Students will learn that Handball can be played at all levels.

Heart Rate Zone

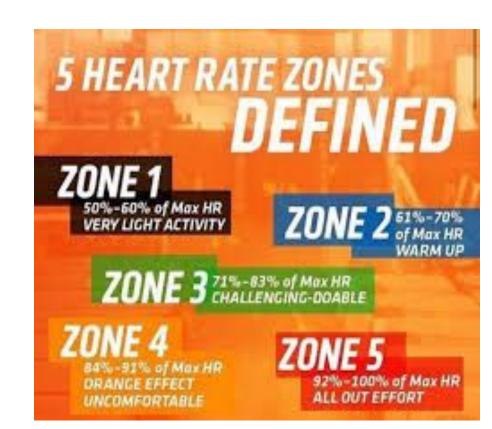
Find your maximum heart rate:

220-age=MHR

To find your heart rate watch the following clip. <u>Heart Rate</u>

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 1, knee-to-elbow crunches 2. flutter kicks 3. scissors 4. hundreds 5. reverse crunches 6. sitting twists

Choose one of the following activities to complete.



Cool Down Activity:



Handball Levels of Play

Read the following article about the different levels of play for Handball.

When reading and looking over the <u>article</u>, think about the following:

- Do you play often, or at all?
- If you have played, what are your strengths and weaknesses?
- Is it realistic to move on and play at a more competitive level in your area?

