



# 9-12/Team Sports

April 23, 2020



9-12/Team Sports  
Lesson: [April 23, 2020]

**Objective/Learning Target:**

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

Students will take a test on Handball 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?



# FREMEN

DAREBEE WORKOUT © darebee.com

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



10 squats



5 push-ups



10 shoulder taps



10 squats



5 close grip push-ups



10 plank arm raises



10 squats



5 wide grip push-ups



10 planks w/ rotations

Choose one  
of the  
following  
activities to  
complete.

# SHIFTER

DAREBEE **HIT** WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



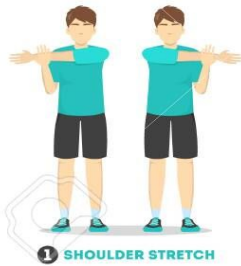
20sec squats



20sec basic burpees

# Cool Down Activity:

## COOL DOWN AFTER WORKOUT



# Handball Test

Take the following test to see how much you understand about the rules of Handball. Once complete, look at the next page to see the answers!

[TEST](#)

