



9-12/Team Sports

April 24, 2020



9-12/Team Sports
Lesson: [April 24, 2020]

Objective/Learning Target:

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

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?



MOCKINGJAY

TRIBUTE WORKOUT © darebee.com

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



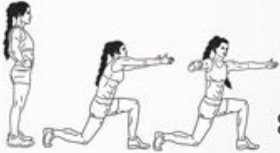
5 push-ups



20 archers



5 close grip push-ups



20 archer lunges



5 wide grip push-ups



10 sit-up punches



10 sitting twists

Choose one of the following activities to complete.

MASTER CHIEF

TRIBUTE WORKOUT © darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes

John-117



20 lunges



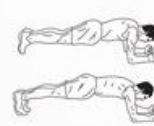
20 squats



20-count squar hold



2 x 10-count push-ups



10 body saw



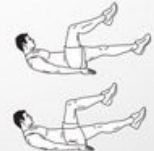
10 wide grip push-ups



10 cross climber taps



10 elbow strike sit-ups



10 air bike crunches

Cool Down Activity:

COOL DOWN AFTER WORKOUT



Handball Creation

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

Be creative when thinking about this! You can use two walls as goals, or if you have soccer goals you can use those. You can use any type of ball that bounces. The field size is up to you, and you can have family members play as well! Remember to play by the basic rules!