

9-12/Team Sports





9-12/Team Sports Lesson: [April 27, 2020]

Objective/Learning Target: Students will participate in a full body activity to remain physically active. Students will learn about the rules of Ultimate Frisbee.

Heart Rate Zone

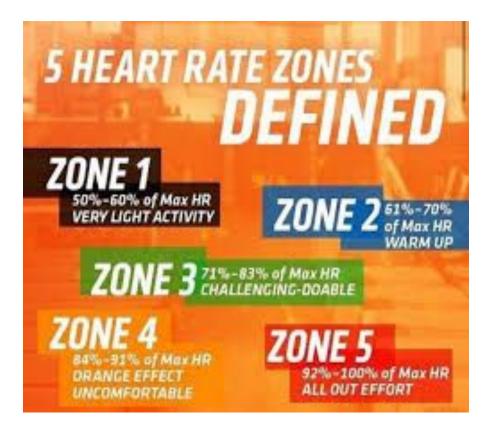
Find your maximum heart rate:

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?



DAREBEE WORKOUT © darebee.com Level 1 3 sets MUBD Level II 5 sets Level III 7 sets 2 minutes rest







10 jumping jacks

2 hop heel clicks 10 jumping jacks



10 butt kicks



2 iumping lunges

10 butt kicks

Choose one of the following activities to complete.



Cool Down Activity:



Ultimate Frisbee Pre-Test

Take the following quiz on Ultimate Frisbee to see how much you understand!

Pre-Test



Rules of Ultimate Frisbee

Watch the following video that instructs you on how to understand the rules of

