



9-12/Team Sports

April 27, 2020



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:

$$220 - \text{age} = \text{MHR}$$

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?



LOUDER THAN WORDS

DAREBEE
WORKOUT
© darebee.com
Level I 3 sets
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 jumping lunges



10 butt kicks

Choose one
of the
following
activities to
complete.

ROLLER COASTER

WORKOUT by DAREBEE © darebee.com
3 sets | 2 minutes rest in between sets



10 jumping jacks

one squat

10 jumping jacks

one squat

10 jumping jacks

one squat

10 jumping jacks

one squat

10 jumping jacks

one squat



Cool Down Activity:

COOL DOWN AFTER WORKOUT



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 [Ultimate Frisbee](#).

