



9-12/Team Sports

April 28, 2020



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Lesson: [April 28, 2020]

Objective/Learning Target:

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

Students will watch a match of Ultimate Frisbee and analyze what they were doing and using the rules from yesterday to determine the winner.

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?



Hermit

DAREBEE WORKOUT © darebee.com

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



5 squats



10-count squat hold



5 squats



5 knee push-ups



10-count knee push-up hold



5 knee push-ups



5 crunches



10-count crunch hold



5 crunches

Choose one of the following activities to complete.

CAN'T TOUCH THIS

WORKOUT
BY DAREBEE
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Level I 3 sets
Level II 5 sets
Level III 7 sets
2 minutes rest



20 jumping jacks



20 shoulder taps



20 leg extensions



10 flutter kicks



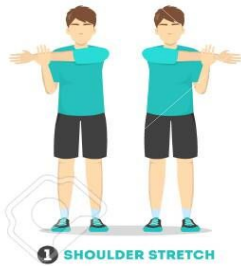
10 bridges



10 sitting twists

Cool Down Activity:

COOL DOWN AFTER WORKOUT



Ultimate Frisbee Game

Watch the following Ultimate Frisbee match.

[Professional Match](#)

Who won the match?

How many points did they score?

How many players per side?

How did they work as a team to score?

Can a player move with the frisbee?