



9-12/Team Sports

April 29, 2020



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Lesson: [April 29, 2020]

Objective/Learning Target:

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

Students will learn that Ultimate Frisbee can be played at all levels.

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?



super abs

WORKOUT by DAREBEE © darebee.com



20 crunches



10 flutter kicks



10 bridges



20 crunches



10 leg raises



10 bridges



20 crunches



10 heel taps



10 bridges

Choose one
of the
following
activities to
complete.

EMERGENCY

DAREBEE WORKOUT © darebee.com

Repeat 3 times in total
2 minutes rest between sets



20 jumping jacks



10 knee push-ups



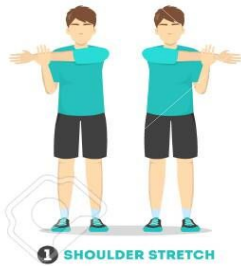
20 high knees



10 climbers

Cool Down Activity:

COOL DOWN AFTER WORKOUT



Ultimate Frisbee Levels of Play

Read the following article about the different levels of play for Ultimate Frisbee.

When reading and looking over the [article](#), think about the following:

- Do you play often, or at all?
- What level sounds best for you?
- Is it realistic to move on and play at a more competitive level in your area?

