



# 9-12/Team Sports

April 30, 2020



9-12/Team Sports  
Lesson: [April 30, 2020]

**Objective/Learning Target:**

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

Students will take a test on 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?



# Triathlete

DAREBEE WORKOUT © darebee.com

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



30 reverse angels



30 swim



10-count superman hold



30 climbers



30 cycling crunches



10-count hollow hold



30 high knees



30 calf raises



10-count calf raise hold

Choose one of the following activities to complete.

# GRIM REAPER

DAREBEE WORKOUT

© darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



10 tricep dips



10 reverse plank kicks



10 bridge taps



10 butterfly dips



5 butterfly sit-ups



5 modified scissors



10 flutter kicks



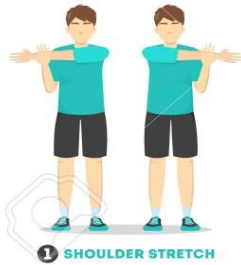
10 sitting twists



5 leg raises

# Cool Down Activity:

## COOL DOWN AFTER WORKOUT



# Ultimate Frisbee Test

Take the following test to see how much you understand about the rules of Ultimate Frisbee. Once complete, look at the next page to see the answers!

[TEST](#)

