



Physical Education Virtual Learning

High School/Team Sports

April 06, 2020



Lesson: [April 6th: At Home Workout]

Objective/Learning Target:

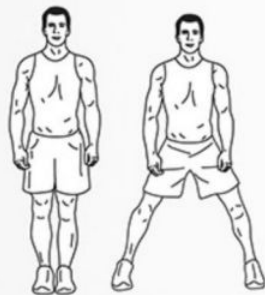
The students will be able to successfully master with 90% accuracy each leg workout.

Learning Target: Quads, Glutes, Hamstrings

Instructions:

1. Perform each activity with choosing Level 1, 2, or 3 on the difficulty scale
2. Take a 1 minute rest in between each SET
3. Email YOUR personal PE teacher responses to these questions:
 1. What was your heart rate on one of the workouts?
 2. How do you feel post workout?
 3. Rate the intensity of the workout?
 4. What body part / muscle was triggered?

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



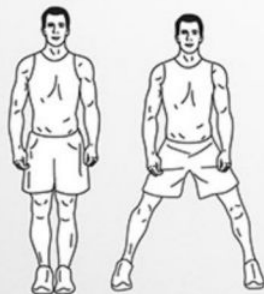
10 half jacks



20 high knees



4 reverse lunges



10 half jacks



20 high knees



4 squats