



Physical Education Virtual Learning

High School/Team Sports

April 07, 2020



Lesson: [April 7th: 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

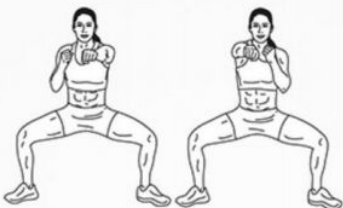
Instructions:

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



20 march steps



20 squat hold punches



20 march steps



10-count squat hold



20 march steps



10-count squat hold



20 march steps



20 squat hold punches



20 march steps