



Physical Education Virtual Learning

High School/Team Sports

April 08, 2020



Lesson: [April 8th: At Home Workout]

Objective/Learning Target:

The students will be able to successfully master with 95% accuracy each core workout.

Learning Target: Quads, Glutes, Hamstrings, Core

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?

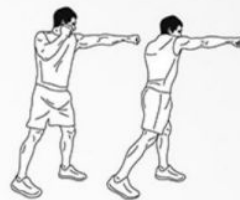
LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes



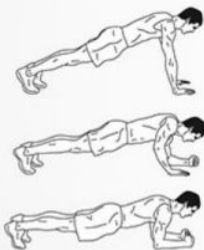
10 shrimp squats



20 side crunch push-ups



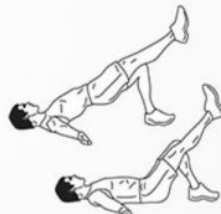
40 punches



5 up & down planks



20 side plank rotations



20 single leg bridges



20 flutter kicks



10 knee ins & twists



20 sitting punches