



Physical Education Virtual Learning

# High School/Team Sports

May 11th, 2020



Lesson: [May 11th: At Home Workout ]

## Objective/Learning Target:

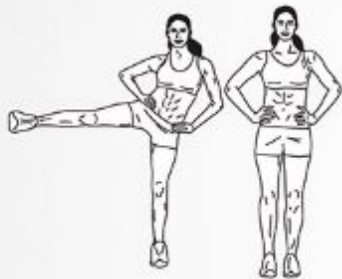
The students will be able to successfully master with 90% accuracy each body movement

Learning Target: Full Body

# 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?

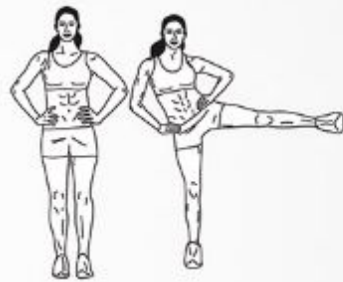
**LEVEL I** 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



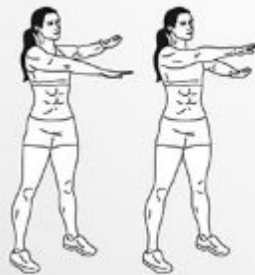
**20** side leg raises  
right leg



**10** knee-to-elbows



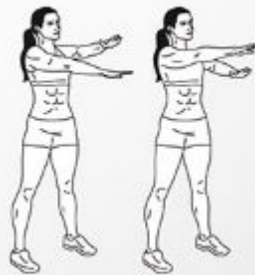
**20** side leg raises  
left leg



**20** arm scissors



**10** raised arm circles



**20** arm scissors