



Physical Education Virtual Learning

High School/Team Sports

May 12th, 2020



Lesson: [May 12th: 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?

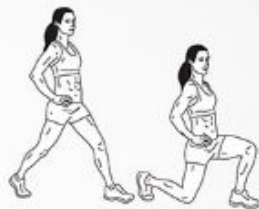
DAREBEE WORKOUT @ darebee.com
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



6 calf raises



10 high squats



6 split lunges



6 downward upward dogs



10 bridge taps



6 toe taps



6 leg raises



10 clamshells



6 side leg raises