

## **Physical Education Virtual Learning**

# High School/Team Sports

May 13th, 2020



Lesson: [May 13th: At Home Workout]

### **Objective/Learning Target:**

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

Learning Target: 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?

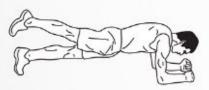
DAREBEE WORKOUT © darebee.com



20sec full plank



20sec elbow plank



**20sec** raised leg plank 10 seconds - each leg



**20sec** side plank 10 seconds - each side



20sec full plank



**20sec** elbow plank