



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?

TWO MINUTE PLANK

DAREBEE WORKOUT © darebee.com



20sec full plank



20sec raised leg plank
10 seconds - each leg



20sec full plank



20sec elbow plank



20sec side plank
10 seconds - each side



20sec elbow plank