



# Physical Education Virtual Learning

# High School/Team Sports

May 14th, 2020



Lesson: [May 14th: At Home Workout ]

## **Objective/Learning Target:**

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

Learning Target: Cardiovascular System

# 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



**10** jumping jacks



**10-count** right leg hold



**10-count** left leg hold



**10** jumping jacks



**20** raised arm circles



**10-count** arm hold



**10** jumping jacks



**10-count** right leg hold



**10-count** left leg hold