



Physical Education Virtual Learning

High School/Team Sports

May 15th, 2020



Lesson: [May 15th: 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 torso twists



one jump squat



10 jumping jacks



10 knee-to-elbows



one jump squat



10 jumping jacks



10 calf raises



one jump squat