



9-12/Team Sports

May 18, 2020



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Lesson: [May 18, 2020]

Objective/Learning Target:
Students will participate in a full body activity to remain physically active.

Heart Rate Zone

Find your maximum heart rate:

$$220 - \text{age} = \text{MHR}$$

To find your heart rate watch the following clip. [Heart Rate](#)

Based on what you want, look at the zones chart.

What zone do you want to be in for the day?



Fire and Sweat

DAREBEE **HIT** WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



30sec high knees



30sec march steps



30sec raised leg plank hold



30sec high knees



30sec march steps



30sec plank hold



30sec high knees



30sec march steps



30sec raised leg plank hold

Choose one
of the
following
activities to
complete.

COMBAT

LIGHT

DAREBEE WORKOUT © darebee.com
5 sets | 2 minutes rest between sets



10 low front kicks

10 low turning kicks



20 punches

10 low front kicks

10 low turning kicks

20 punches



10 low front kicks

10 low turning kicks

20 punches

Cool Down Activity:

COOL DOWN AFTER WORKOUT

