

9-12/Team Sports

May 19, 2020



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Lesson: [May 19, 2020]

Objective/Learning Target:

Students will participate in a full body activity to remain physically active.

Heart Rate Zone

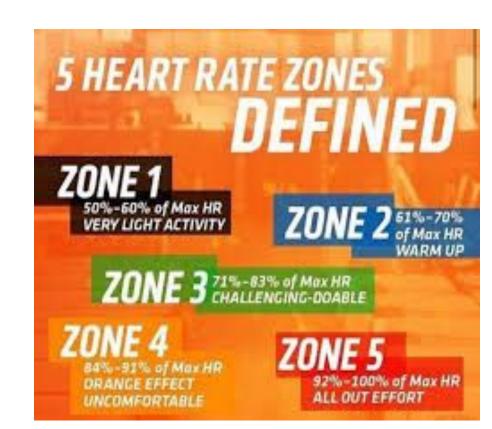
Find your maximum heart rate:

220-age=MHR

To find your heart rate watch the following clip. <u>Heart Rate</u>

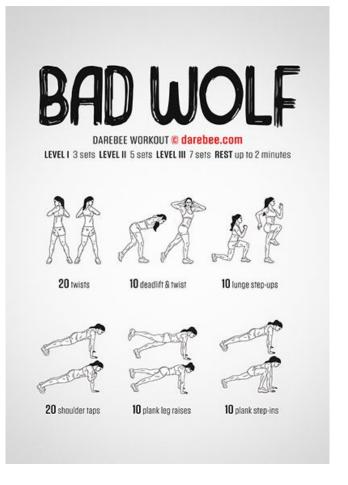
Based on what you want, look at the zones chart.

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





Choose one of the following activities to complete.



Cool Down Activity:

