



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:

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

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?



-THE- GREAT HUNT

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 jump squats



5-count squat hold



10 jump squats



5-count push-up plank hold



20 punches



5-count push-up plank hold



10 jumping lunges



20 shoulder taps



10 jumping lunges

Choose one
of the
following
activities to
complete.

BAD WOLF

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 twists



10 deadlift & twist



10 lunge step-ups



20 shoulder taps



10 plank leg raises



10 plank step-ins

Cool Down Activity:

COOL DOWN AFTER WORKOUT

