



9-12/Team Sports

May 1, 2020



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Lesson: [May 1, 2020]

Objective/Learning Target:

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

Students will also create their own Ultimate Frisbee Creation!

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?



THIEF

DAREBEE WORKOUT © darebee.com

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



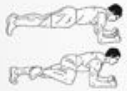
10 side-to-side lunges



10 push-up taps



5 up & down planks



10 plank crunches



10 plank rolls



10 side bridges



10 get-ups



5 crunch kicks



10 heel taps

Choose one
of the
following
activities to
complete.

WEREWOLF

DAREBEE WORKOUT © darebee.com

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



5 burpees



10 thigh taps



10 shoulder taps



10 plank rotations



10 crunches



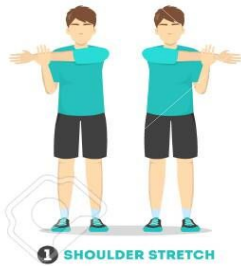
10 leg raises



10 windshield wipers

Cool Down Activity:

COOL DOWN AFTER WORKOUT



Ultimate Frisbee Creation

Use the information you have learned for the week to create your own Ultimate Frisbee set-up.

Be creative when thinking about this! If you have a frisbee great! You can make the field size as small as you like. You can have family members play as well! If you are not able to have family members play, then you can practice throwing a frisbee back and forth! Have fun with this!