

9-12/Team Sports

May 20, 2020



9-12/Team Sports Lesson: [May 20, 2020]

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

Heart Rate Zone

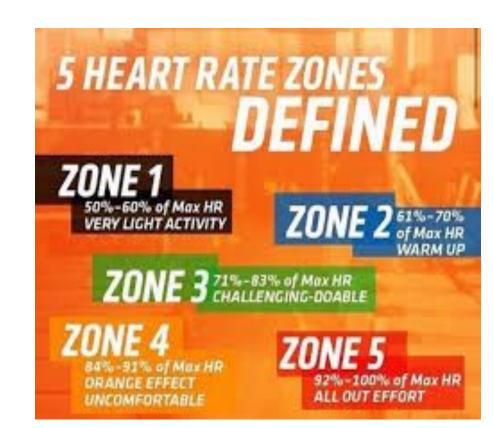
Find your maximum heart rate:

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?



2-minute **cardio**

DAREBEE WORKOUT @ darebee.com

20 seconds each exercise I no rest between exercises







1. high knees 2. butt kicks

3. iumping lunges



4. jumping jacks





5. climbers



6. basic burnees

Choose one of the following activities to complete.

Dragon Keborn

DAREBEE WORKOUT @ darebee.com

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







4 side-to-side lunges



10 squats



4 dragon push-ups





2 plank walk-outs



4 dragon push-ups



10 knee-in & twists



4 sit-ups



10 knee-in & twists