



9-12/Team Sports

May 20, 2020



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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:

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

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?



2-minute **cardio**

DAREBEE WORKOUT © darebee.com

20 seconds each exercise | no rest between exercises



1. high knees



2. butt kicks



3. jumping lunges



4. jumping jacks



5. climbers



6. basic burpees

Choose one
of the
following
activities to
complete.

Dragon Reborn

DAREBEE WORKOUT © darebee.com

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



10 squats



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