



9-12/Team Sports

May 21, 2020



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Lesson: [May 21, 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?



DEFYING GRAVITY

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20sec push-ups



20sec push-up plank hold



20sec push-ups



20sec plank hold



20sec skydiver push-ups



20sec plank hold

Choose one of the following activities to complete.

FRONTIER

DAREBEE **HIT** WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



20sec plank hold



20sec high knees



20sec plank hold



20sec half jacks



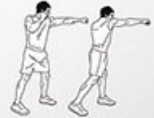
20sec plank hold



20sec punches



20sec plank hold



20sec punches

Cool Down Activity:

COOL DOWN AFTER WORKOUT

