

## 9-12/Team Sports

May 22, 2020



9-12/Team Sports Lesson: [May 22, 2020]

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

## **Heart Rate Zone**

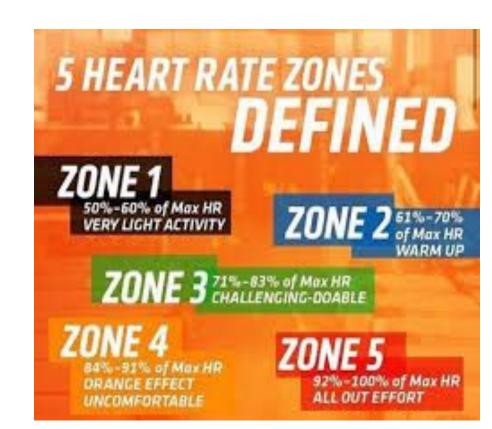
Find your maximum heart rate:

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?



## DAREBEE WORKOUT @ darebee.com LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes 20 high knees 10 lunge step-ups 5 burpees 20 flutter kicks 10 sit-ups 5 crunch kicks

Choose one of the following activities to complete.



## Cool Down Activity:

