



9-12/Team Sports

May 22, 2020



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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:

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

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?



Busy Bee

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.

LOWERBODY TENDON STRENGTH

DAREBEE WORKOUT © darebee.com



20sec leg extensions



20sec raised leg swings
change sides and repeat the sequence



20sec hold



20sec leg raises



20sec raised leg circles
change sides and repeat the sequence



20sec hold



20sec side leg raises



20sec raised leg kicks
change sides and repeat the sequence



20sec hold

Cool Down Activity:

COOL DOWN AFTER WORKOUT

