



9-12/Team Sports

May 4, 2020



9-12/Team Sports
Lesson: [May 4, 2020]

Objective/Learning Target:

Students will participate in a full body activity to remain physically active.

Students will learn about the rules of Tennis.

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?



DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes

PUSH SQUAT REPEAT



4 reps push-ups
4 reps squats
10 reps push-ups
10 reps squats
4 reps push-ups
4 reps squats
10 reps push-ups
10 reps squats
rest

Choose one
of the
following
activities to
complete.

SPARTACUS

DAREBEE WORKOUT © darebee.com

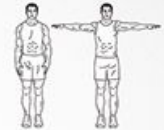
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



10 deep side lunges



20 arm raises



6 jumping lunges



20 side-to-side chops



6 slow climbers



10 plank arm raises



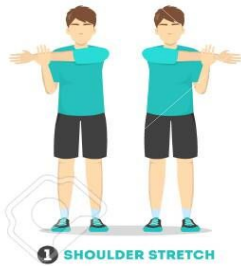
10 plank leg raises



10 plank rotations

Cool Down Activity:

COOL DOWN AFTER WORKOUT



Tennis Pre-Test

Take the following quiz on Tennis to see how much you understand!

[Pre-Test](#)



Rules of Tennis

Watch the following video that instructs you on how to understand the rules of [Tennis](#)

