



# 9-12/Team Sports

May 5, 2020



9-12/Team Sports  
Lesson: [May 5, 2020]

**Objective/Learning Target:**

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

Students will watch a Tennis match and analyze what they were doing and using the rules from yesterday to determine the winner.

# 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?



# BOY, THAT ESCALATED QUICKLY

DAREBEE WORKOUT  
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LEVEL I 3 sets  
LEVEL II 5 sets  
LEVEL III 7 sets  
up to 2 minutes rest  
between sets



4 jumping jacks  
4 high knees  
2 side-to-side jumps



8 jumping jacks  
8 high knees  
2 side-to-side jumps  
10 jumping jacks  
10 high knees  
2 side-to-side jumps

Choose one of the following activities to complete.

# AMAZON

DAREBEE WORKOUT © darebee.com

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



5 jump squats



10 jumping lunges



5 hop heel clicks



10 push-ups



2 close grip push-ups



20 punches



20sec elbow plank



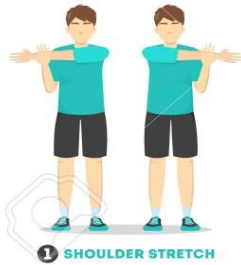
20sec raised leg plank



20sec side plank

# Cool Down Activity:

## COOL DOWN AFTER WORKOUT



# Tennis Match

Watch the following Tennis match.

[Professional Match](#)

Who won the match?

How many points did they go?

What types of hits did they use?

Was it singles or doubles?