

# 9-12/Team Sports





#### 9-12/Team Sports Lesson: [May 6, 2020]

## Objective/Learning Target: Students will participate in a full body activity to remain physically active. Students will learn that Tennis can be played at all levels.

## Heart Rate Zone

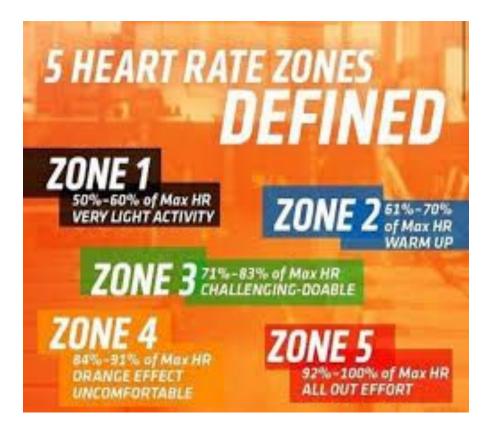
Find your maximum heart rate:

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?



# EQUALIZER

DAREBEE WORKOUT C darebee.com LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes







10 push-ups



4 close grip push-ups







10 reverse flutter kicks







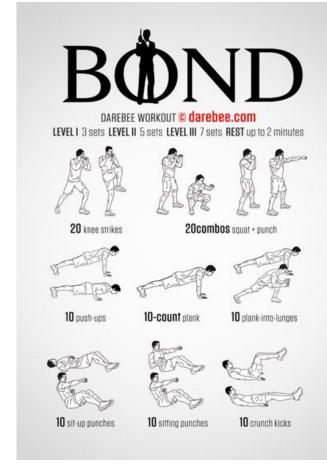




10 push-ups

4 shoulder taps 4 raised leo push-ups

Choose one of the following activities to complete.



## Cool Down Activity:



#### **Tennis Levels of Play**

Read the following article about the different levels of play for Tennis.

When reading and looking over the <u>article</u>, think about the following:

Do you play often, or at all?
What level would you like to reach?
Is it realistic to move on and play at a more competitive level in your area?
What level would you need to be to

play in college?

