



9-12/Team Sports

May 6, 2020



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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:

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

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?



EQUALIZER

DAREBEE WORKOUT © darebee.com

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



10 push-ups



4 wide grip push-ups



4 close grip push-ups



10 reverse flutter kicks



4 back extensions



4 plank walk-outs



10 push-ups



4 shoulder taps



4 raised leg push-ups

Choose one
of the
following
activities to
complete.

BOND

DAREBEE WORKOUT © darebee.com

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



20 knee strikes



20 combos squat + punch



10 push-ups



10-count plank



10 plank into lunges



10 sit-up punches



10 sitting punches



10 crunch kicks

Cool Down Activity:

COOL DOWN AFTER WORKOUT



Tennis Levels of Play

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

When reading and looking over the [article](#), 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?

