



9-12/Team Sports

May 7, 2020



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Lesson: [May 7, 2020]

Objective/Learning Target:

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

Students will take a test on Tennis rules.

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?



POWER BURPEE



DAREBEE WORKOUT
© darebee.com
6 reps each | 3 sets
up to 2 minutes
rest between sets



1
raised leg
push-up



2
shoulder taps
each side



3
push-up
side crunch
each side



4
10-count
plank hold

Choose one
of the
following
activities to
complete.

BLACK PANTHER

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



10 push-ups



20 slow climbers



10 sit-outs



10 get-ups



10 side plank crunches



10 alt arm/leg raises



10 body saw



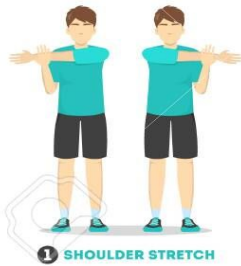
10 elbow plank twists



10-count elbow plank

Cool Down Activity:

COOL DOWN AFTER WORKOUT



Tennis Test

Take the following test to see how much you understand about the rules of Tennis. Once complete, look at the next page to see the answers!

[TEST](#)

