



9-12/Team Sports

May 8, 2020



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Lesson: [May 8, 2020]

Objective/Learning Target:

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

Students will also create their own Tennis Creation!

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?



core connect

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
10 reps each exercise



plank leg raises



plank arm raises



body saw



plank rotations



spiderman planks



side plank knee taps



side star plank



side plank rotations



to failure elbow plank

Choose one of the following activities to complete.

abs unlocked

DAREBEE WORKOUT © darebee.com

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



20 hundreds



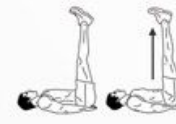
20 air bike crunches



20 high crunches



10 reverse crunches



10 pulse-ups



10 infinity circles



10 side plank rotations



10 side bridges



10 body saw

Cool Down Activity:

COOL DOWN AFTER WORKOUT



Tennis Creation

Use the information you have learned for the week to create your own Tennis set-up.

Be creative when thinking about this! We know right now going to a Tennis court is impossible, but you can use a wall to hit a tennis ball right back at you! If you have a family member, you could always hit the ball and switch turns and only allowing it to hit the ground once to return the hit! Have fun!