## Unified PE

Day 12: Sleep



#### What are we doing today?

- Learning Goal(s)
- Vocabulary
- Warm-up: Good Morning!
- Activity: Price Is Right Exercise
- Cool Down: Wind Down Yoga

#### What's due?

Exit Ticket – available in announcements
 & under "Live Lesson Materials" Module

### Agenda



I can work hard at home and in school to improve my physical fitness



I can describe the critical function of sleep

#### Learning Goals



I can name the benefits of a good night's sleep



difficulty concentrating

memory problems

## Vocabulary

- Sleep is an important part of your daily routine
  - Spend 1/3 of your time doing it
  - Quality sleep and getting enough of it is essential to survival
  - Without sleep you can't form or maintain pathways in your brain that let you learn/create new memories & it's harder to concentrate/respond quickly
  - Chronic (reoccurring over a long time) poor quality or lack of sleep: increases risk of body disorders such as, depression, obesity, high blood pressure, cardiovascular disease, and diabetes
- Benefits of a good night's sleep

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







4 knee-to-elbows



10 jumping jacks



4 side bends



10 jumping jacks



4 twists

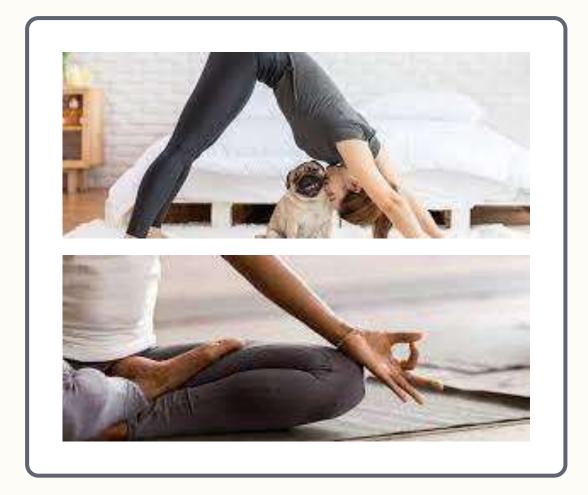
#### Warm-up: Darebee Good Morning!

- Repeat the following exercises 2x
  - 10 jumping jacks
  - 4 knee-to-elbows
  - 10 jumping jacks
  - 4 side bends
  - 10 jumping jacks
  - 4 twists



#### Activity: Price Is Right Exercise

- Directions: Guess how much the item is worth without going over.
   Do the exercise to show how much you think the item is worth
- Price Is Right Exercise



#### Cool Down: Wind Down Yoga

- 12-minute Yoga Routine to do before going to sleep
- <u>Directions</u>: Follow along with the
   video and complete the yoga moves
- Wind Down Yoga