

# Unified PE

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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

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# Agenda



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



I can describe the critical function of sleep



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

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# Learning Goals



# Vocabulary

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– **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 Morning!

DAREBEE WORKOUT © darebee.com

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



10 jumping jacks



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

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- 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

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- 12-minute Yoga Routine to do before going to sleep
- **Directions:** Follow along with the video and complete the yoga moves
- [Wind Down Yoga](#)