



# Unified PE

MP3 – Day 2: Human Body 101



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# Agenda

- **What are we doing today?**
  - Learning Goal
  - Vocabulary
  - Warm-up: Darebee Quick Warmup
  - Activity: This or That – Bernie Sanders Meme
  - Cool Down: 5-minute at home cool down full body stretches
- **What's due?**
  - Exit ticket – available in announcement & under Lesson Materials Module

# Learning Goals

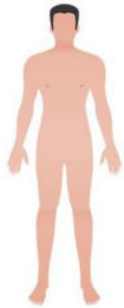


- I can work hard at home to improve my physical fitness
- I can name the body's major systems

# Vocabulary

- **Body Systems**: groups of organs and tissues that work together to perform important functions in the body. Some tissues are part of more than one system
- [Human Body 101](#)

## Body Systems



Integumentary System



Muscular System



Skeletal System



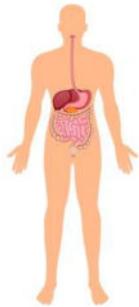
Cardiovascular System



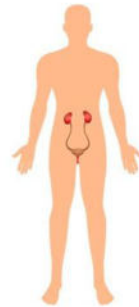
Nervous System



Respiratory System



Digestive System



Urinary System



Reproductive System



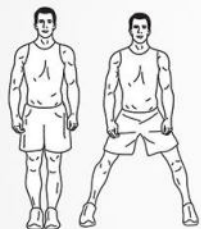
Endocrine System



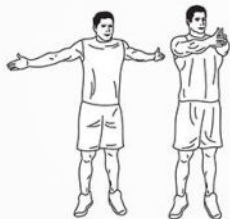
Lymphatic/Immune System

# QUICK warmup

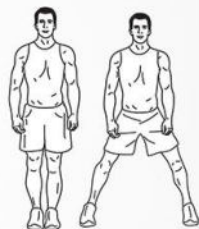
BY DAREBEE © [darebee.com](http://darebee.com)  
Repeat each exercise for 20 seconds.



half jacks



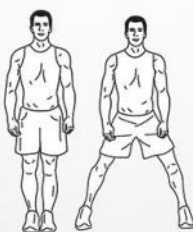
chest expansions



half jacks



arm rotations



half jacks



torso rotations

## Quick Warm-up

**Directions:** 2 rounds – 20  
seconds of each exercise

# Activity: “Feel the Bern(ie)” Meme – This or That



- Directions: 10 seconds to choose your favorite Bernie meme between right or left. Complete 30 second exercise workout
- Bernie Sanders Mitten Meme - This or That

ab stretch



20sec

cat cow stretch



20sec + 20sec

hip flexor stretch



20sec + 20sec

lower back stretch



20sec

standing forward bend



20sec

quad stretch



20sec + 20sec

calf stretch



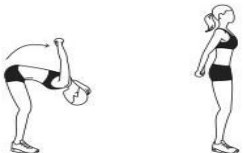
20sec + 20sec

shoulder stretch



20sec + 20 sec

biceps stretch



20sec

child's pose



20sec

# Cool Down: 5-minute at Home Full Body Stretches