

UNIFIED PE

MP2 DAY 2: OVERLOAD PRINCIPLE



What are we doing today?

- Learning Goal
- Vocabulary
- Warm-up: Bolt
- Activity: UNO Fitness
- Cool Down: Top to Bottom

What's due?

- Exit Ticket – available in announcements & Live Lessons Materials Module

AGENDA



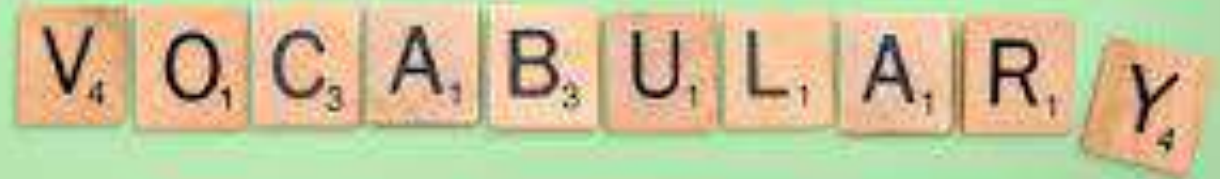
LEARNING GOAL

I can continue to develop my
personal fitness while at home

VOCABULARY

Overload Principle: gradually, progressively increase the stress on a body system and the system will adapt and get stronger

Brain Bites - Overload Principle



bolt

DAREBEE WORKOUT © darebee.com

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



2 squats



10 march steps



20 high knees



2 jumping lunges



10 march steps



20 high knees



2 calf raises



10 march steps



20 high knees

WARM UP: BOLT

Repeat the following exercises 2x

- 2 Squats
- 10 March Steps
- 20 High Knees
- 4 lunges
- 10 March Steps
- 20 High Knees
- 2 Calf Raises
- 10 March Steps
- 20 High Knees



UNO fitness

ACTIVITY: UNO FITNESS

- Draw a card from the deck
- Card drawn will tell you the activity you must complete
- Each color has a different activity
- The number on the card represents how many times you must do the activity



30 seconds
High Knees



Push
Ups



30 seconds
Jumping
Jacks



Dead
Bugs



30 seconds
Butt
Kickers



Shoulder
Touches



30 seconds



Cross
Knees



top to bottom

STRETCHING / COOLDOWN BY DAREBEE © darebee.com

Repeat each stretch for 20 seconds / 20 seconds per side.



COOL DOWN: TOP TO BOTTOM

Repeat each stretch for 20 seconds/20 seconds per side