

# Unified PE

DAY 8: BODY COMPOSITION

# Agenda

## What are we doing today

- Learning Goal
- Vocabulary
- Warm-up: Darebee Quick Warm-up
- Activity: Tabata Dice Race
- Cool Down: Wind Down Yoga

## What's due?

- Exit Ticket – on Canvas in Announcements & under Lesson Materials

# Learning Goal

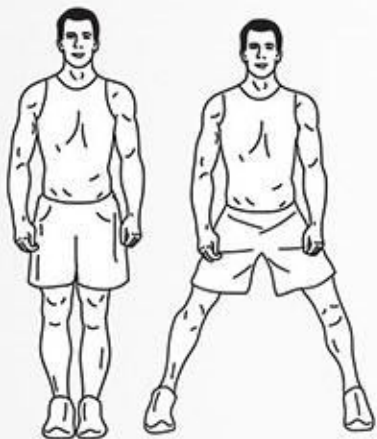
I can identify the health-related components of physical fitness

# Vocabulary

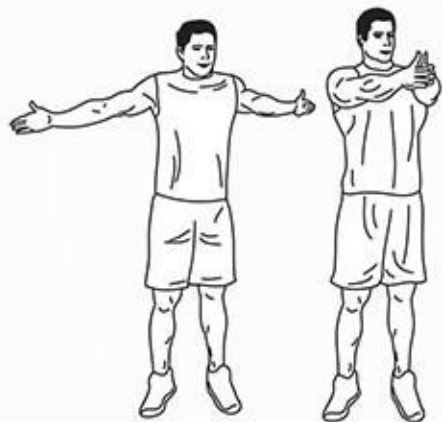
## **Body Composition:**

The ratio of lean tissue to fat tissue in the body

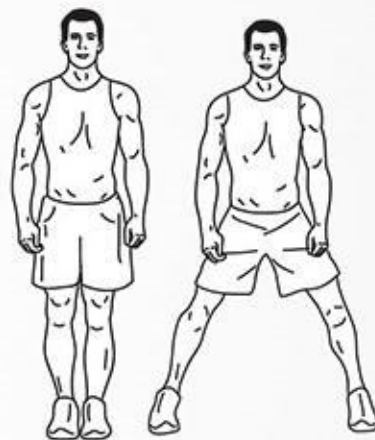
## **Brain Bites - Body Composition**



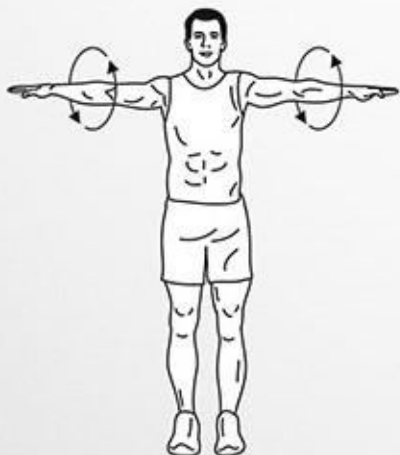
half jacks



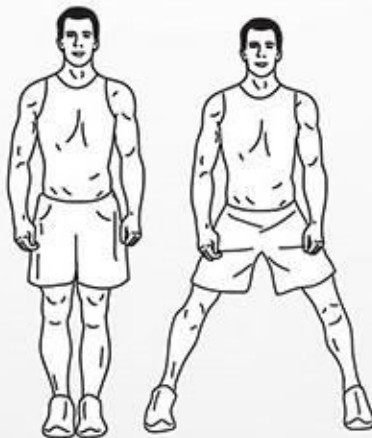
chest expansions



half jacks



arm rotations



half jacks



torso rotations

# Warm-up: Darebee Quick Warm-up

**REPEAT EACH  
EXERCISE FOR  
20 SECONDS**

# Activity: Health- Related Tabata Dice Race

**What you need:** Tabata Dice Race Card, Pair of Dice, & Timer

**Object of the game:** Roll the numbers in order from left to right

**How do you play?**

1. Roll 2 dice & add them up
2. If you roll a 2, 3, or 9 – complete a Tabata interval (20 seconds) of an exercise of your choice within that number's category
3. Continue rolling that way in all categories from left to right
4. Must roll until you get a number in that sequence

[Health-related Tabata Dice Race](#)

[Health-Related Tabata Dice Race - Card](#)

TYPE	START							FINISH
Muscular Fitness	2	3	4	5	6	7	8	9
Aerobic Capacity	3	5	7	9	8	6	4	2
Full Body Blast	9	8	7	6	5	4	3	2

TABATA INTERVAL CHOICE BOARD				
<b>Muscular Fitness</b>	<u>Basic Push-Ups</u> (20 Seconds)	<u>Squats</u> (20 Seconds)	<u>Lunges</u> (20 Seconds)	<u>Scissor Arms</u> (20 Seconds)
<b>Aerobic Capacity</b>	<u>Just Jumps</u> (20 Seconds)	<u>Half Jacks</u> (20 Seconds)	<u>Seal Jacks</u> (20 Seconds)	<u>March Jacks</u> (20 Seconds)
<b>Full Body Blast</b>	<u>Burpees</u> (20 Seconds)	<u>Plank Jacks</u> (20 Seconds)	<u>Up &amp; Down Planks</u> (20 Seconds)	<u>Climbers</u> (20 Seconds)

# Tabata Dice Race



# Cool Down: Wind Down Yoga

Let's build on  
our Yoga from  
last class and  
use it as a cool  
down!

[Wind Down  
Yoga](#)

