

# UNIFIED PE

## DAY 11: COORDINATION

# AGENDA

## What are we doing?

- Learning Goal
- Vocabulary
- Warm-up: Just Dance - Coco
- Activity: DC Superhero vs DC Villain Tabata
- Cool Down: Stretching

## What's due?

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



I CAN  
DEVELOP MY  
PERSONAL  
FITNESS TO  
STAY  
HEALTHY  
AND ACTIVE  
AT HOME

# LEARNING GOAL

# VOCABULARY

**Coordination:** The ability to use different parts of your body together smoothly and efficiently

**Brain Bites -**  
**Coordination**





# WARM-UP: JUST DANCE

JUST DANCE -  
COCO - UN  
POCO LOCO

# JOKER

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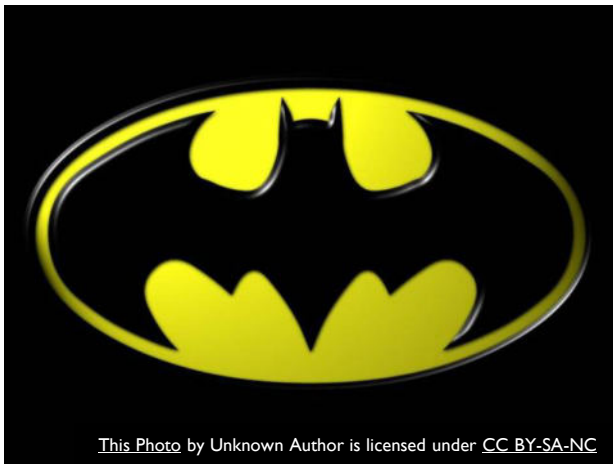
## ACTIVITY: DC SUPERHERO VS. DC VILLAIN

You have 10 seconds to choose which of the 2 options is your favorite

You will complete the exercise that matches your choice for **30 seconds**

You will have 10 seconds of rest

This or That Fitness - DC Superhero vs. DC Villain



10 seconds each stretch



#1



#2



#3



#4



#5



#6



#7



#8



#9



#10

# COOL DOWN