

Unified PE

Day 9: Fats





Agenda

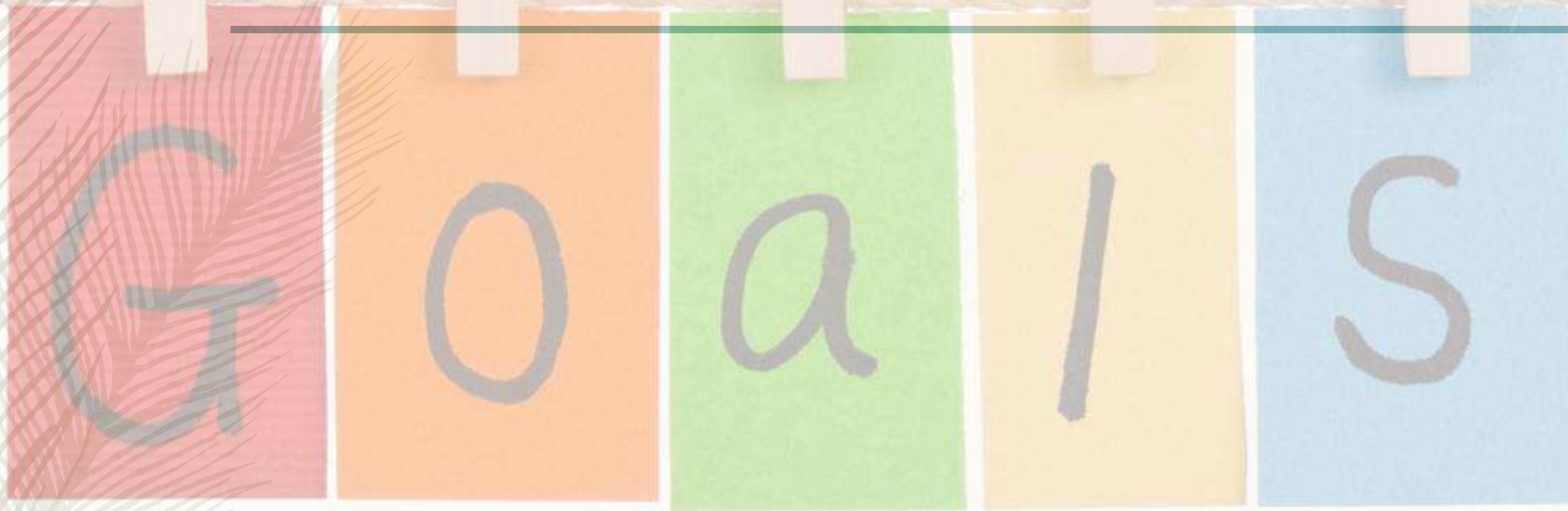
What are we doing today?

- Learning Goal
- Vocabulary
- Warm-up & Activity: Upper/Lower Low-Impact Cardio
- Cool Down: Sore Muscles Stretch
- Game for Home: Anywhere Skee-ball

What's Due?

- Exit Ticket – available in Announcements & under “Lesson Materials” Module

Learning



- I can work hard at home to improve my physical fitness
- I can use what I've learned about nutrition to improve my diet

Vocabulary



Fat: essential to give your body energy and support cell growth. Protect your organs and keep your body warm. Help your body absorb some nutrients and produces important hormones

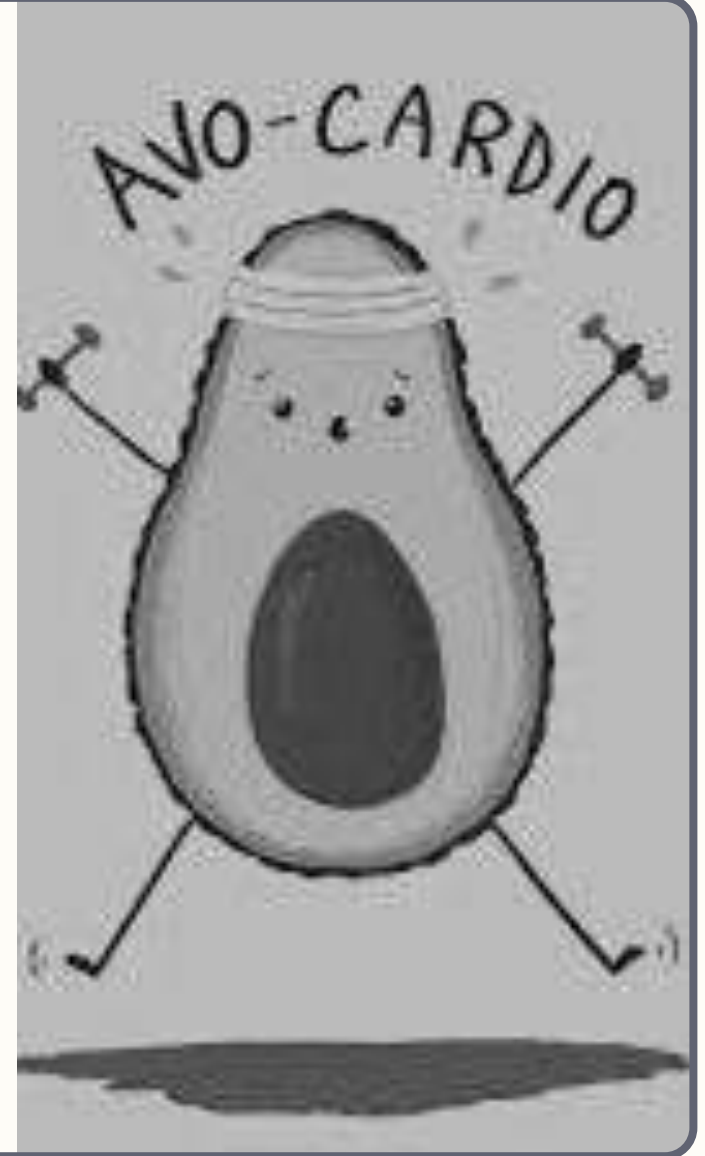
- Types: Unsaturated, saturated, trans fat

[What does fat do to your body?](#)

Warm-up & Activity: Upper/Lower Low-Impact Cardio

- Warm-up followed by lower/upper body cardio exercises
 - 30 seconds of lower body exercise
 - 30 seconds of upper body exercise
 - Rest
- Do at own pace

[Upper/Lower Low-Impact Cardio](#)



sore muscles stretch

by DAREBEE
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30 seconds each exercise
15 seconds per side



Cool Down: Sore Muscles Stretch

- 30 seconds each exercise (15 seconds per side)

Game for Home: Any Where Skee-Ball

- Equipment needed:
 - 3 laundry baskets, construction paper with point values (100, 200, 300), long piece of cardboard for ramp, ball that you can roll
- How to play:
 - Can play on own or against family member
 - If playing alone, count how many takes to get to 1000 points and try to beat that
 - Play 2 out of 3 games
 - First to score 1000 points win – loser/winner perform set # of exercises

[Living room skee-ball](#)

