



Unified PE

MP 2: Day 1

Agenda

What are we doing today?

- Learning Goal
- Vocabulary
- Warm-up: Rookie
- Activity: 4-minute Tabata Workout
- Cool Down: Breathe Easy

What's Due?

- Exit ticket – available in announcements & live lesson materials



Learning Goal

I can continue to develop my
personal fitness while at home

RPE Scale

(Rate of Perceived Exertion)

1	Very Light Activity (anything other than complete rest)
2-3	Light activity (feels like you can maintain for hours, easy to breath and carry on a conversation)
4-5	Moderate Activity (feel like you can exercise for long periods of time, able to talk and hold short conversations)
6-7	Vigorous Activity (on the verge of becoming uncomfortable, short of breath, can speak a sentence)
8-9	Very Hard Activity (difficult to maintain exercise intensity, hard to speak more than a single word)
10	Max Effort (feels impossible to continue, completely out of breath, unable to talk)

Vocabulary

FITT Principle: A personal fitness concept that is inclusive of:

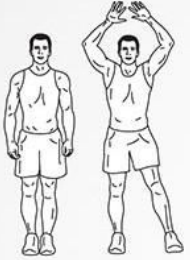
- **Frequency**: how often – i.e. days per week
- **Intensity**: how hard – i.e. amount of resistance or level of perceived exertion
- **Time**: how long (duration) – i.e. number of repetitions & sets
- **Type**: what kind of exercise – i.e. cardio or strength training

[BrainBites - FITT Principle](#)

ROOKIE

DAREBEE WORKOUT © darebee.com

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



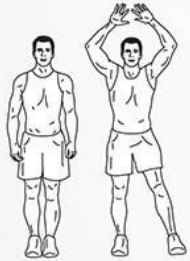
10 step jacks



4 lunges



20 chest expansions



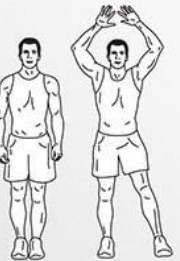
10 step jacks



4 lunges



20 raised arm circles



10 step jacks



4 lunges

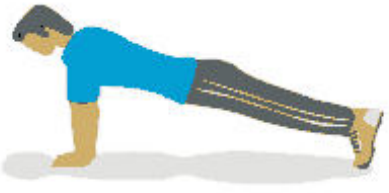


20 shoulder taps

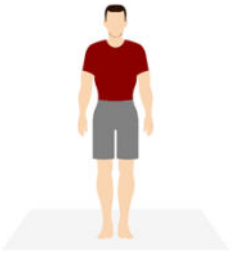
Warm-up: Rookie

2 sets of the following exercises:

- 10 step jacks
- 4 lunges
- 20 chest expansions
- 10 step jacks
- 4 lunges
- 20 raised arm circles
- 10 step jacks
- 4 lunges
- 20 shoulder taps



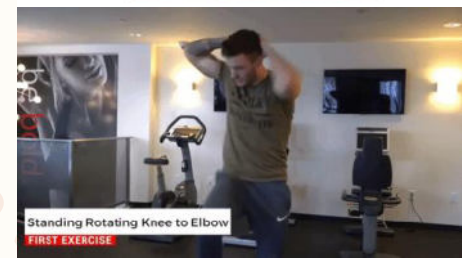
Activity: 4-minute Tabata



20 seconds of work (exercise); 10 seconds of rest (get ready for next exercise)

- Push-ups
- Jumping Jacks
- Heel Touches
- Uneven Planks (modify to low or high plank)
- Squats
- Mountain Climbers
- Lunges
- Standing Ab Twists

4-minute Tabata



breathe easy

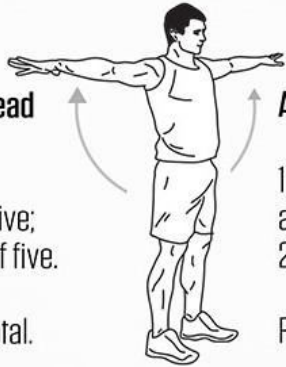
WORKOUT by @darebee.com



Arms above your head

- 1) Breathe in deep;
- 2) Hold to count of five;
- 3) Exhale to count of five.

Repeat 5 times in total.



Arm Raises

- 1) Breathe in as you raise your arms;
- 2) Exhale on the way down

Repeat 5 times in total.



Calf Raises

- 1) Breathe in as you rise;
- 2) Hold to count of five;
- 3) Exhale as you drop down.

Repeat 5 times in total.



Shoulder Stretches *arms behind your back*

- 1) Breathe in as you stretch;
- 2) Hold to count of five;
- 3) Exhale as you relax.

Repeat 5 times in total.

Cool Down: Breathe Easy

Repeat each exercise 5 times in total

1. Arms above your head
2. Arm Raises
3. Calf Raises
4. Shoulder Stretches (arms behind your back)