

Unified PE

Day 15: History of
Basketball



Agenda

What are we doing today?

- Learning Goals
- Vocabulary
- Warm-up: Darebee Unicorn
- Activity: Legends of the Hidden Temple Exercise Game
- Cool Down: 5-minute cool down stretching

What's Due?

- No exit tickets this week! 😊

What to bring next class?

- Basketball, any other ball/balloon/beach ball, etc.

Learning Goals

- I can work hard at home and at school to improve my physical fitness
- I can name the inventor of basketball
- I can describe the history of basketball



Who invented Basketball?!

[History of Basketball](#)



Unicorn

DAREBEE WORKOUT © darebee.com

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



10 jumping jacks



4 alt arm/leg raises



4 plank leg raises



10 jumping jacks



4 alt arm/leg raises



4 shoulder taps



10 jumping jacks



4 alt arm/leg raises



4 plank jacks

Warm-up: Darebee Unicorn

- Complete the following exercises 2x:
 - 10 jumping jacks
 - 4 alternating arm/leg raises
 - 4 plank leg raises
 - 10 jumping jacks
 - 4 alternating arm/leg raises
 - 4 shoulder taps
 - 10 jumping jacks
 - 4 alternating arm/leg raises
 - 4 plank jacks

Activity: Legends of the Hidden Temple Exercise Game

- **Directions:** Pick a team. There are 4 different rounds. Collect the Pendants of Life after completing each round.
 - Do the exercise to help your team complete the round
- [Legends of the Hidden Temple Exercise Game](#)



Cool Down: 5 minute full-body cool down stretch

Directions: Hold
each stretch for 20
seconds

ab stretch



20sec

cat cow stretch



20sec + 20sec

hip flexor stretch



20sec + 20sec

lower back stretch



20sec

standing forward bend



20sec

quad stretch



20sec + 20sec

calf stretch



20sec + 20sec

shoulder stretch



20sec + 20 sec

biceps stretch



20sec

child's pose



20sec