



Unified PE

Day 9 – Immune System

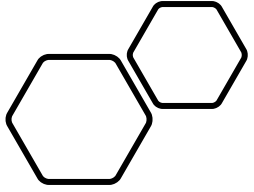
Agenda

What are we doing today?

- Learning Goal
- Vocabulary
- Warm-up: Martian
- Activity: 5-Minute AMRAP
- Cool Down: 5-Minute Post Workout Stretching & Recovery

What is due?

- Exit ticket – available in announcement & under Live Lesson Materials Module



Learning Goals

1

I can work hard at home to improve my physical fitness

2

I can describe the function of the immune system

3

I can name the parts of the immune system



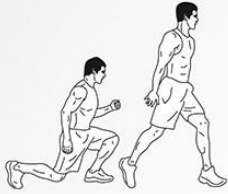
Vocabulary

- **Immune System**: the body's defense against infections. It attacks germs and helps keep us healthy
 - Made up of cells and organs that work together to protect the body
- How does your immune system work??

MARTIAN

DAREBEE WORKOUT © darebee.com

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



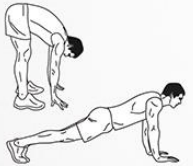
4 jumping lunges



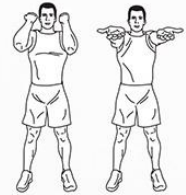
4 plank rotations



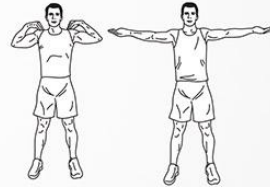
10 push-up shoulder taps



4 plank walk-outs



10 bicep extensions



10 side shoulder taps



10-count squat hold



4 side-to-side lunges



10 knee-to-elbows

Warm-up: Martian

- Repeat the exercises 2x:
 - 4 jumping jacks
 - 4 plank rotations
 - 10 push-up shoulder taps
 - 4 plank walk-outs
 - 10 bicep extensions
 - 10 side shoulder taps
 - 10-count squat hold
 - 4 side-to-side lunges
 - 10 knee-to-elbows

Fitness Concept: AMRAP

AMRAP

You Vs You

As Many Rounds As Possible

- Try to complete as much work as you can before the time runs out
- Set amount of time – no rest until the clock runs out
 - Can set the time for as long or short as you wish
- Intense workout in a short amount of time
- If you push yourself during the workout period – can help you build muscle and improve muscular endurance, cardiovascular health and conditioning
- Can repeat the workout to see if you can beat your number of rounds

Activity: 5-Minute AMRAP

- Timer will be set for 5 minutes
- Complete As Many Rounds As Possible of the following exercises:
 - 6 push-ups
 - 12 alternating lunges
 - 10 shoulder touches
 - 12 jumping jacks



Cool Down: 5-minute Post Workout Stretching & Recovery

- Follow along with the video and complete the stretches
- [5-Minute Post workout Stretching & Recovery](#)

