

# Unified PE

Day 11: Integumentary System

## What are we doing today?

- Learning Goals
- Vocabulary
- Warm-up: Hot Potato
- Activity: UNO Fitness
- Cool-Down: Standing Yoga Sequence

## What's due?

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

# Agenda



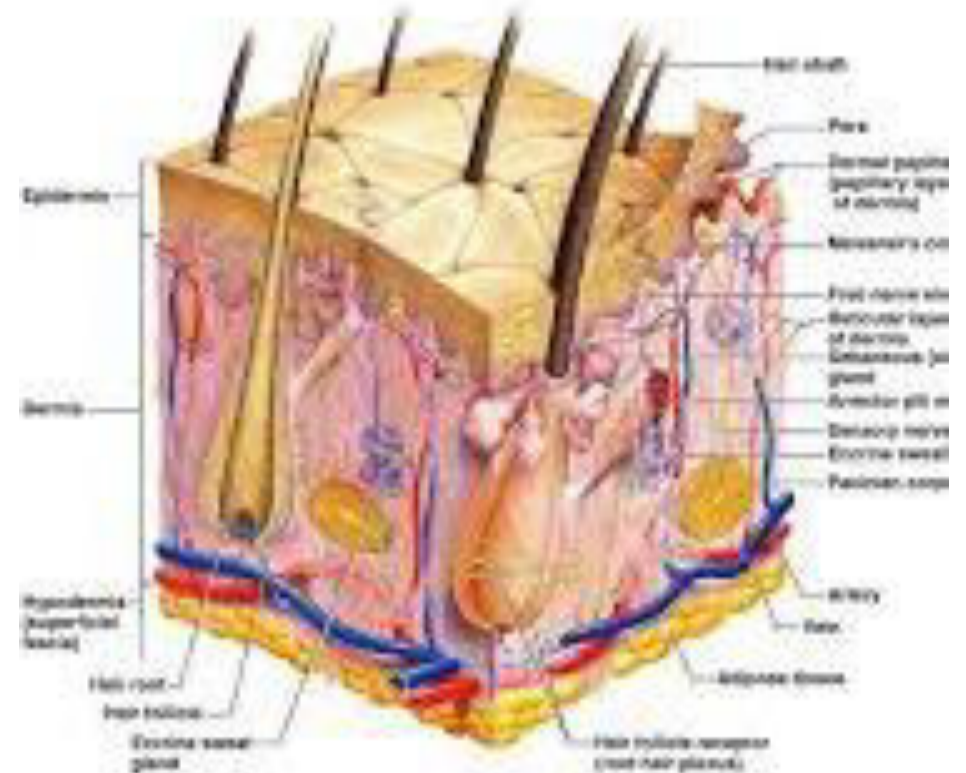
## Learning Goals

- I can work hard at home and in school to improve my physical fitness
- I can name the structures of the integumentary system
- I can name the 3 key functions of the skin

# Vocabulary

- **Integumentary System**: set of organs that forms the external covering of the body and protects it from many threats such as infection, abrasion, etc.
  - Includes: skin, hair, nails and specialized glands and nerves
- [The Science of Skin](#)

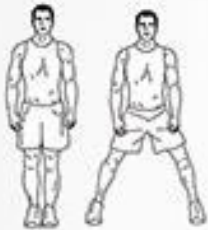
## INTEGUMENTARY



# HOT POTATO

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

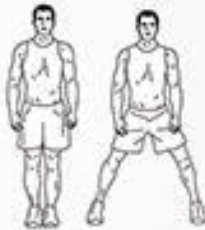
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 half jacks



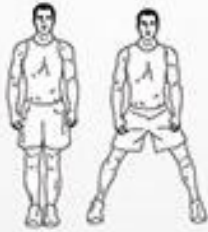
10 hop toe taps



10 half jacks



10 seal jacks



10 half jacks



10 hop heel clicks

## Warm-up: Hot Potato

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- 3 rounds of the following exercises:
  - 10 half jacks
  - MODIFIED: 10 alternating toe taps
  - 10 half jacks
  - 10 seal jacks
  - 10 half jacks
  - MODIFIED: 10 alternating heel touches





## Activity: UNO Fitness

- **Materials Needed:**
  - Deck of Uno Cards
- **Directions:**
  - Draw a card from the deck
  - Card drawn will tell you the activity you must complete
  - Each color has a different activity
  - The number on the card represents how many times you must do the activity



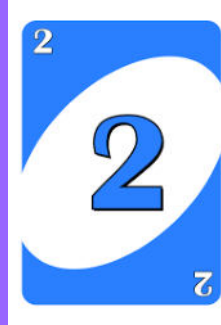
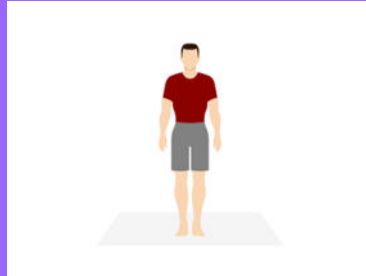
30 seconds  
High Knees



Push  
Ups



30 seconds  
Jumping  
Jacks



Dead  
Bugs



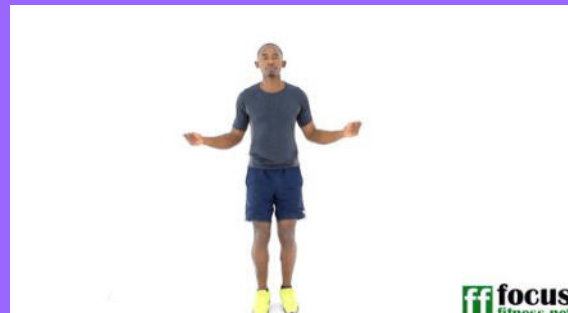
30 seconds  
Butt  
Kickers



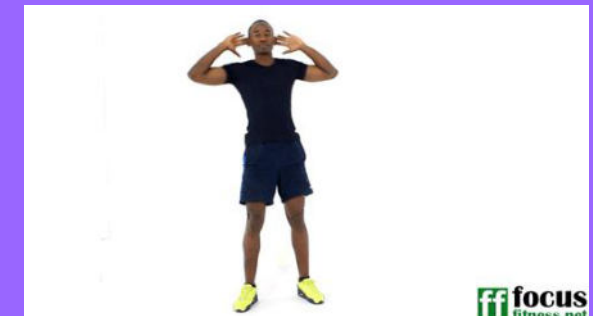
Shoulder  
Touches



30 seconds

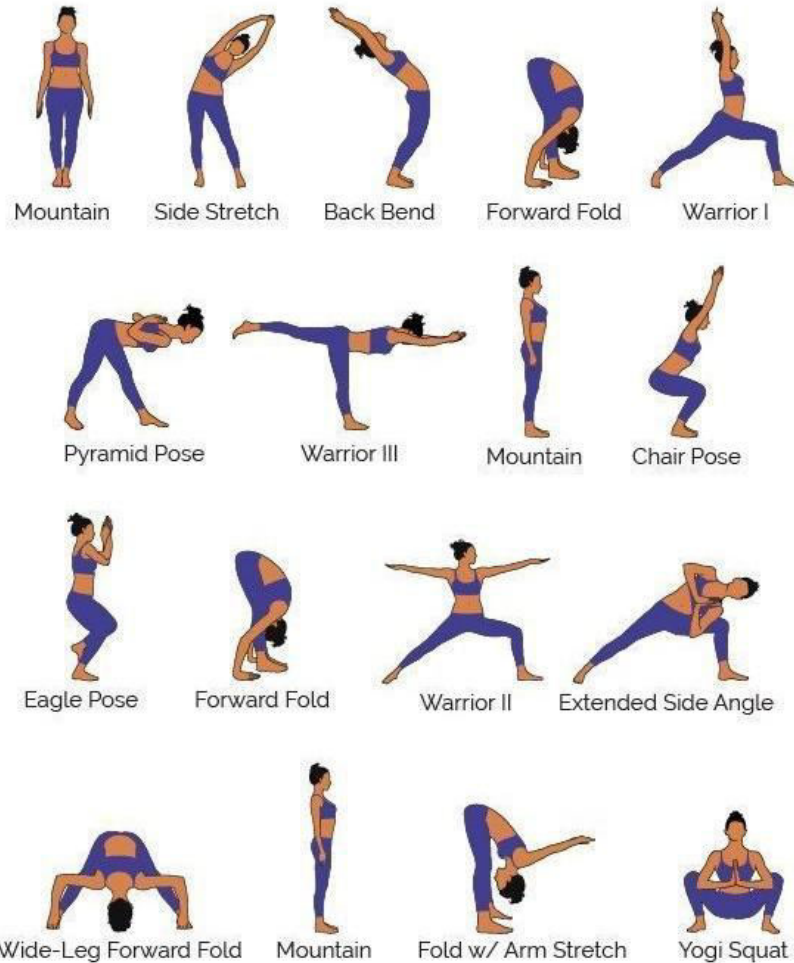


Cross  
Knees



# Cool Down: Standing Only Yoga Sequence

## Standing Only YOGA SEQUENCE



Hold each  
pose for 20-30  
seconds