

Unified PE

Day 10: Minerals



Agenda

What are we doing today?

- Learning Goal
- Vocabulary
- Warm-up: Journey before Destination
- Activity: New Years Resolution – This or That
- Cool Down: Care Package Stretches

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

- **Minerals** – elements on the earth and in food that our bodies need to develop and function normally
 - Essential for health: calcium, phosphorus, potassium, sodium, magnesium, iron, zinc, etc.
- How the six basic nutrients affect your body: Minerals

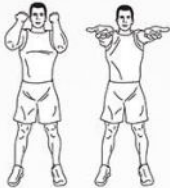
JOURNEY BEFORE DESTINATION

DAREBEE WORKOUT © darebee.com

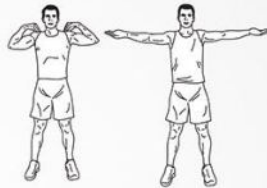
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 shoulder taps



20 bicep extensions



20 side shoulder taps



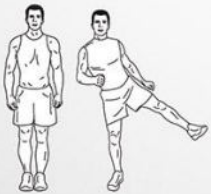
10 calf raises



5 squats



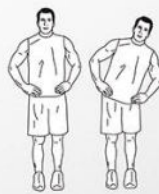
10 reverse lunges



10 side leg raises



10 knee-to-elbows



10 side bends

Warm-up: Journey before Destination

- Complete the following exercises 2x:
 - 20 shoulder taps
 - 20 bicep extensions
 - 20 side shoulder taps
 - 10 calf raises
 - 5 squats
 - 10 reverse lunges (or regular lunges)
 - 10 side leg raises
 - 10 knees-to-elbows
 - 10 side bends

Activity: New Years Resolution – This or That

Directions: You will have 10 seconds to decide what you want to do more of this year and 30 seconds to do the exercise associated with that choice

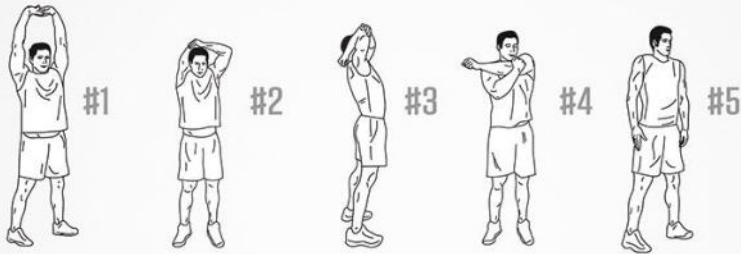
New Years Resolution - This or That



CARE PACKAGE

DAREBEE WORKOUT © darebee.com

10 seconds each stretch



Cool Down: Care Package Stretches

Directions: Hold each of the stretches for 10 seconds