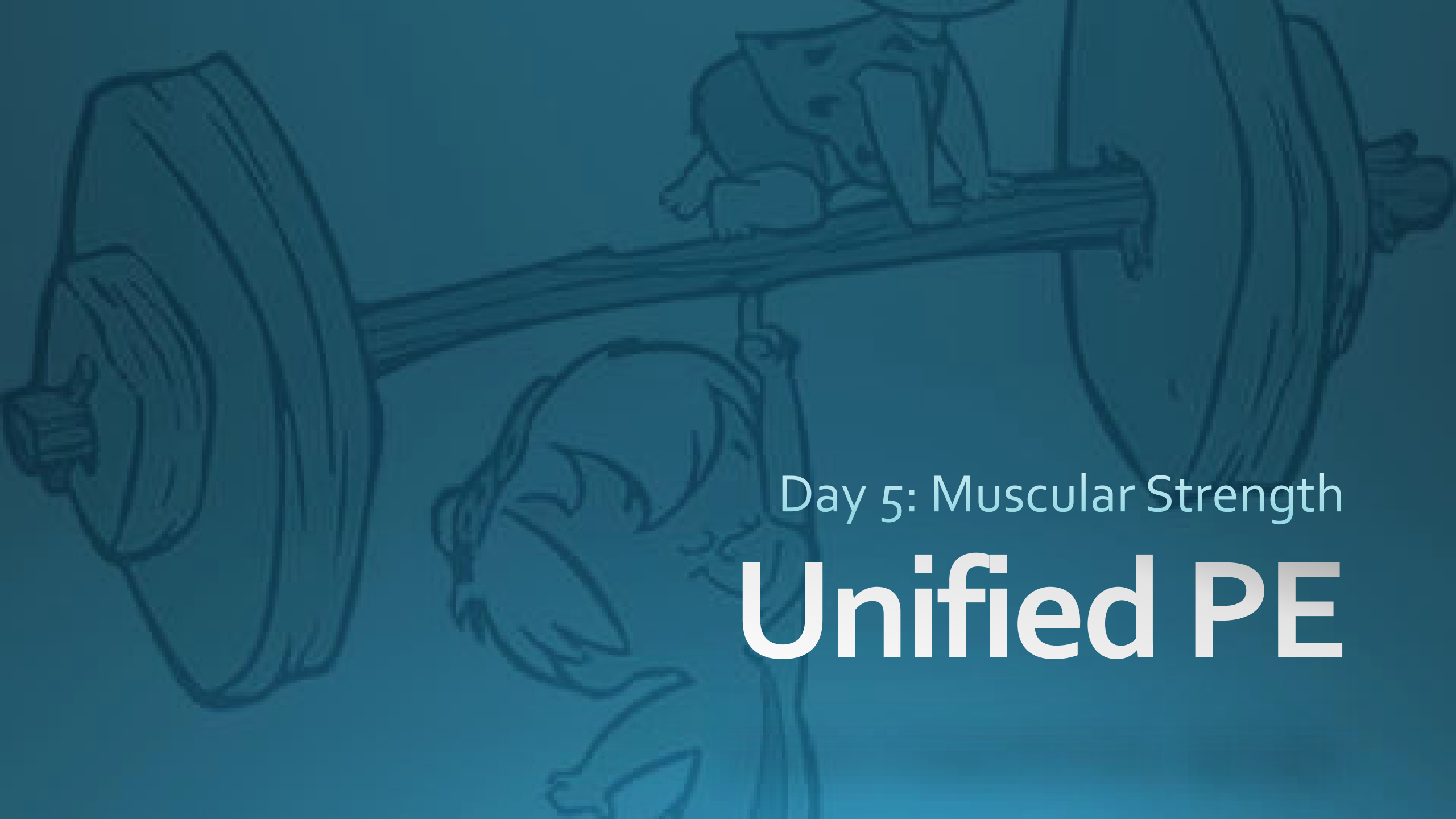


What did you do
this Weekend for
Physical
Activity??





Day 5: Muscular Strength

Unified PE

Agenda

What are we doing today?

- Review learning goal
- Review Vocabulary
- Warm up: Instructor Led
- Activity: Coin-Flip Workout
- Cool Down: Yoga

What is due?

- Exit tickets – log into Canvas to complete. Links are in the announcements

I can identify the health-related
components of physical fitness

Learning Goal



Vocabulary



Muscular Strength - the maximum amount of force a muscle can produce in a single effort



Tested using a 1 repetition max lift – how much weight you can lift once



Brain Bites - Muscular Strength

WARM UP!

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2 rounds of the following exercises:

- 20 Jumping Jacks
- 12 High Kicks
- 15 Shoulder Touches
- 12 Curl ups
- 30 seconds jog in place

Activity: Coin Flip Workout

Directions

- Grab ANY double-sided coin
- Flip the coin and perform the exercise matching the coin until the time ends
- There will be 10 rounds
 - Each round will be a 20 second exercise and a 10 second rest



Cool Down

Yoga for Kids: Feel
Calm & Relaxed

