

Unified PE

Day 3: Muscular System



Agenda

What are we doing today?

- Learning Goal
- Vocabulary
- Warm-up & Activity: 20-minute Full Body Workout
- Cool Down: Recovery Yoga

What's Due?

- Exit ticket – available in announcements and under Lesson Materials



Learning Goals

- I can work hard at home to improve my physical fitness
- I can name the 3 different types of muscles
- I can explain what the major functions of the muscular system are

Vocabulary

- **Muscular System:** organ system consisting of skeletal, smooth and cardiac muscles. Permits movements of the body, maintains postures and circulates blood throughout the body
- [How Your Muscular System Works](#)

Muscular System

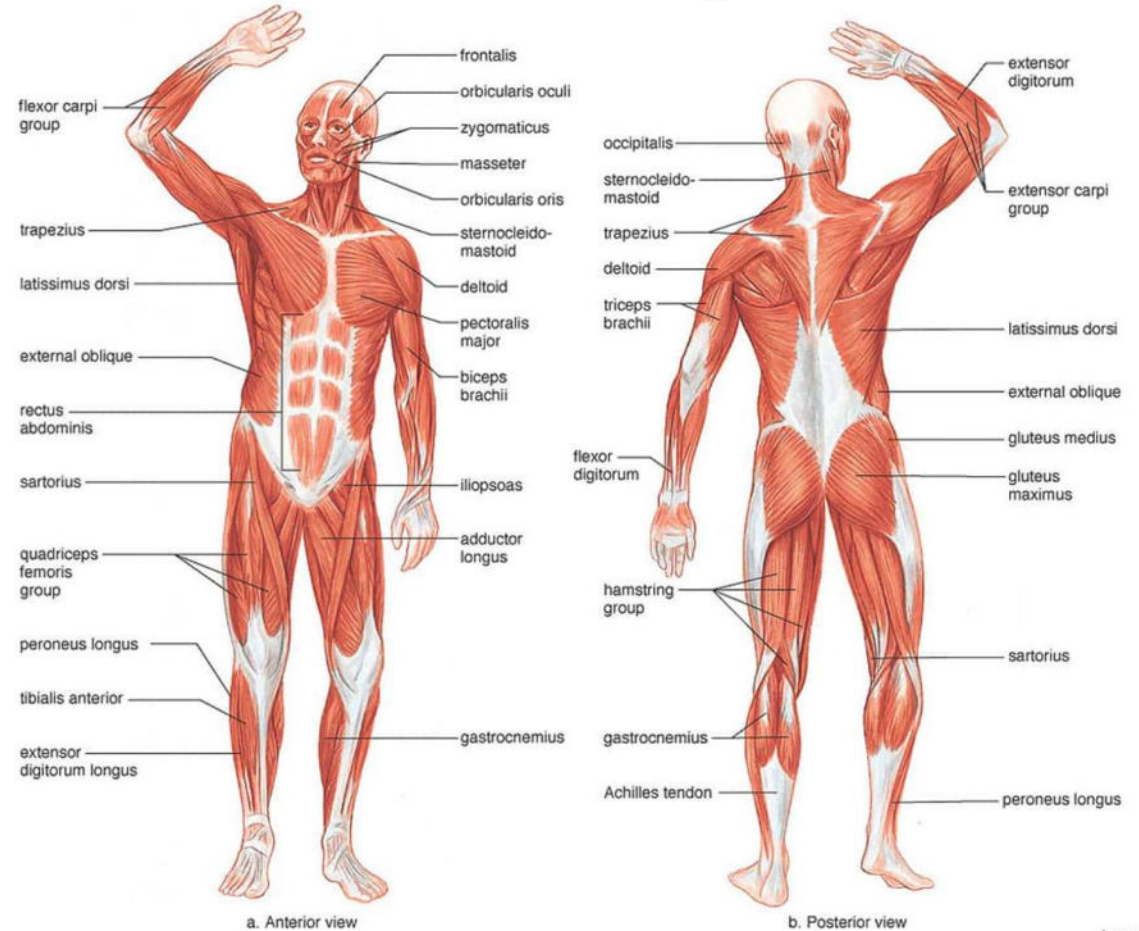


image via: halkudeck.com

Warm-up & Activity: Full Body Workout



- **Description:** 20-minute full body workout – 30 seconds of work, 10 seconds of rest – follow exercises on video, modify to fit needs
- [Full Body Workout](#)

recovery

YOGA WORKOUT by DAREBEE © darebee.com

Hold each pose for 30 seconds then move on to the next one.

Repeat the sequence again on the other side.



Cool Down: Recovery Yoga

- **Directions:** Hold each pose for 20-30 seconds then move onto the next one