

# Unified PE

Day 8: Nervous System



# Agenda

- **What are we doing today?**
  - Learning Goals
  - Vocabulary
  - Warm-up: Princess to the Rescue!
  - Activity: Cobra Kai Karate Workout
  - Cool Down: Sore Muscles Stretch
- **What's due?**
  - Exit ticket – available in announcements & in Live Lesson Materials Module

# Learning

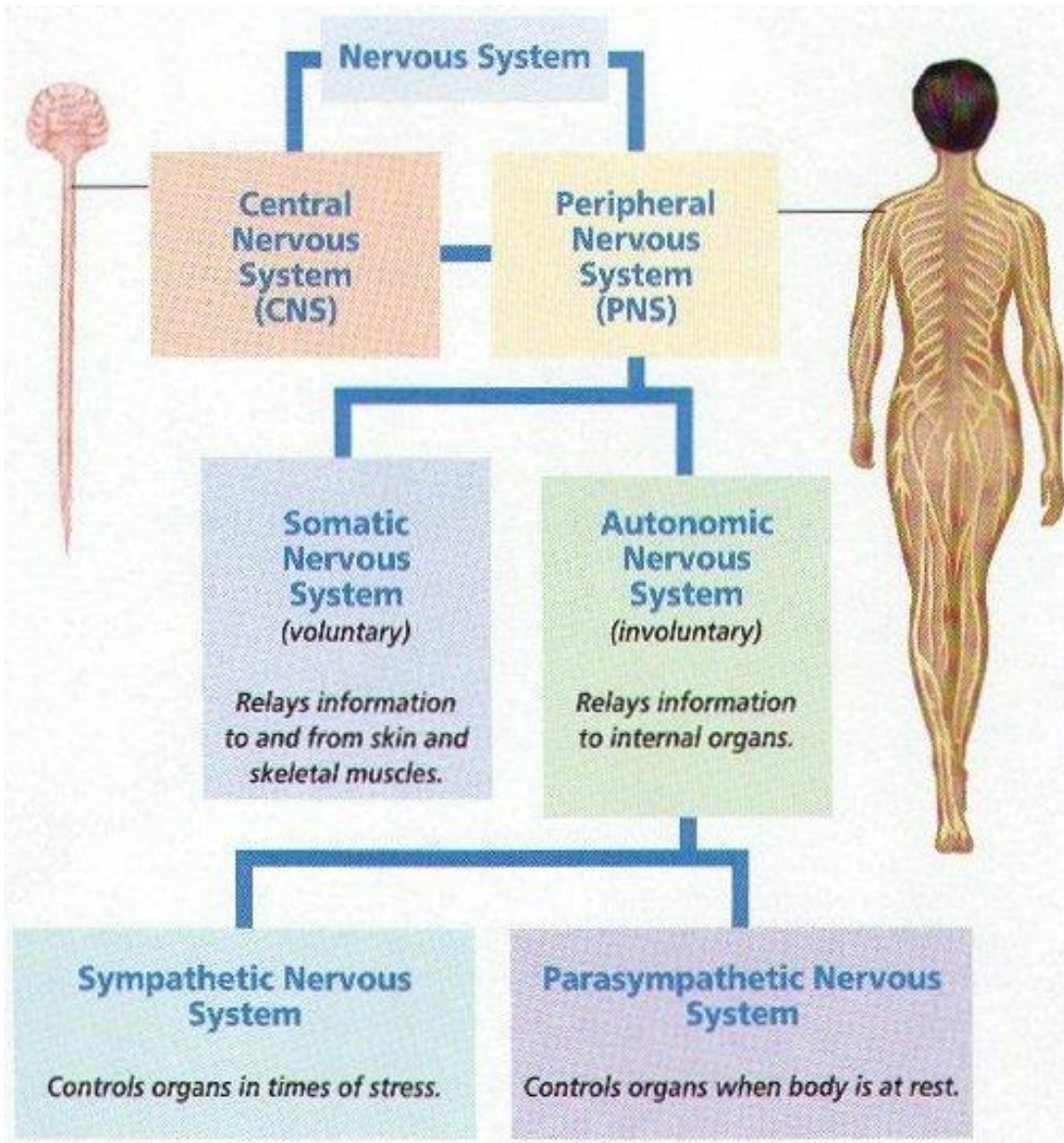


- I can work hard at home to improve my physical activity
- I can name the components of the nervous system
- I can describe the functions of the nervous system

# Vocabulary

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- **Nervous System**: complex network of nerves and cells that carry messages to and from the brain and spinal cord to various parts of the body
  - Includes: central nervous system (brain and spinal cord) and peripheral nervous system (somatic and autonomic nervous systems)
- **How does the Nervous System Work?**





# PRINCESS

## To The Rescue!

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 high knees



10 shoulder taps



4 lunge step-ups



10 high knees



10 climber taps



4 knee to elbows



10 high knees



10 bridge taps



4 crunch kicks

## Warm-up: Princess to the Rescue!

- Repeat 2x:
  - 10 high knees
  - 10 shoulder taps
  - 4 lunge steps
  - 10 high knees
  - 10 climber taps
  - 4 knees to elbows
  - 10 high knees
  - 10 bridges \*\*modified\*\*
  - 4 crunch kicks



# Activity: Cobra Kai 'Karate' Workout

- Directions: Follow along with the video – complete the exercise for 30 seconds and rest for 10 seconds
- [Cobra Kai Karate Workout](#)

# ***sore muscles stretch***

by DAREBEE  
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30 seconds each exercise  
15 seconds per side



## Cool Down: Sore Muscles Stretch

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- Hold each stretch for 20 seconds