



UNIFIED PE

Day 5: What is Nutrition?

Agenda

What are we doing?

Learning Goal

Vocabulary

Warm-up: Darebee License to Sweat

Activity: Canned Food Fitness

Cool Down: Stretching

What's due?

Exit Ticket – available in
announcement & Live Lessons
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

- **Nutrition** – the study of nutrients in food, how the body uses them, and the relationship between diet, health and disease
- What is Nutrition?

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



10 high knees



10 butt kicks



10 lunge step-ups



10 climbers



10 plank rotations



10 shoulder taps

**WARM-
UP:
DAREBEE
LICENSE
TO SWEAT**



Activity: Canned Food Fitness

Series of dumbbell challenges using canned foods – Each challenge is 1 minute long.

- Bicep Curls
- Abdominal Twisters
- Heel Lifts
- Plank Rows
- Crunch
- Lunges
- Bend ups
- Shoulder Raises
- Squats
- Standing Twisters
- Triceps Push

PE at Home: Canned Food Fitness

COOL DOWN AFTER WORKOUT

COOL
DOWN

