



Unified PE

Day 5: Skeletal System

Agenda

What are we doing today?

- Learning Goal
- Vocabulary
- Warm-up: Demon Slayer
- Activity: Skeletal System Fitness
- Cool Down: Post-Workout Stretches

What's due?

- Exit ticket – available in announcements & under Live Lesson Materials



Learning Goals

- I can work hard at home to improve my physical fitness
- I can name the components of the skeletal system
- I can name how many bones the typical adult human has in their body
- I can name the 4 functions of the skeletal system

Vocabulary

- **Skeletal System** – includes all the bones and joints in the body. Acts as a scaffold by providing support and protection for the soft tissues that make up the rest of the body
 - Typical human has 206 bones
 - 4 main functions: Protection, Shape & Support, Movement, Blood Production
- [Skeletal System: Definition and Functions](#)



DEMON SLAYER

DAREBEE WORKOUT

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LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

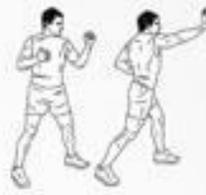
REST up to 2 minutes



20 butt kicks



10 knee strikes



20 palm strikes



4 side-to-side lunges



10 climbers



20 palm strikes



20 bounce on the spot



10 shoulder taps



20 palm strikes

Warm-up: Demon Slayer

- Repeat the following exercises 2x:
 - 20 butt kicks
 - 10 knee strikes
 - 20 palm strikes
 - 4 side-to-side lunges
 - 10 climbers
 - 20 palm strikes
 - 20 bounce on the spot
 - 10 shoulder taps
 - 20 palm strikes

Activity: Skeletal System Fitness

- **Directions:** Whenever one of the 6 bones shows up on the screen, try to guess its name & do the exercise associated with it.
 - Cranium = Jumping Jacks
 - Rib cage = Torso Twists
 - Pelvis = Glute Ham Bridge
 - Femur = Lunges
 - Patella = High Knees
 - Humerus = Push-ups

[Skeletal System Fitness](#)



Lying hamstring stretch



Ankle to knee



Lying torso twist



Downward dog



Plank



Cobra



Runner's lunge



Pigeon



Forward bend



Child's pose



Shoulder stretch



Triceps stretch



Cool Down: Post-Workout Stretches

Hold each stretch for 20 seconds