



WHAT IS YOUR  
FAVORITE  
SPORT/ACTIVITY?!  
SHARE IT IN THE  
CHAT!!



# UNIFIED PE

DAY 9: SKILL-RELATED  
FITNESS



# AGENDA

## What are we doing today

- Learning Goal
- Vocabulary
- Warm-up: Darebee 4-minute warmup
- Activity: Skill-Related Pick-a-Card Fitness
- Cool Down: Darebee Everyday Stretching

## What's due?

- Exit Ticket – on Canvas in Announcements & under Lesson Materials



# LEARNING GOAL

I CAN KEEP AN ACTIVE LIFESTYLE WHILE LEARNING  
FROM HOME



# SKILL-RELATED FITNESS COMPONENTS



## SPEED

The ability to perform actions or cover distance quickly.



## POWER

The ability to combine both speed and force in movements and actions.



## AGILITY

The ability to quickly change direction without losing speed or power.



## BALANCE

The ability to stabilize the body both in movement and when maintaining stillness.



## COORDINATION

The ability to use your senses in combination with your actions when in movement.



## REACTION TIME

The ability to respond quickly to what you feel, see or hear.

# VOCABULARY

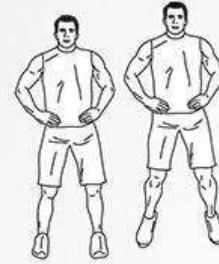
**Skill-Related Fitness**  
– the basic abilities  
that help people  
perform skills

**Brain Bites - Skill-Related Fitness**

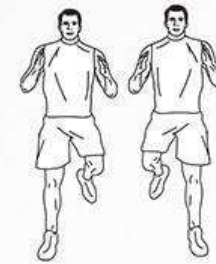
# WARM-UP

## Darebee 4-minute warm-up

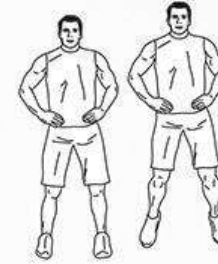
Repeat each exercise for 20 seconds.



hops on the spot



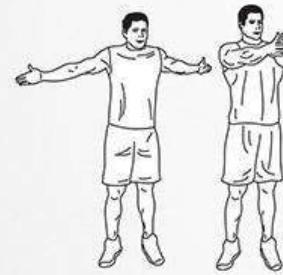
side-to-side hops



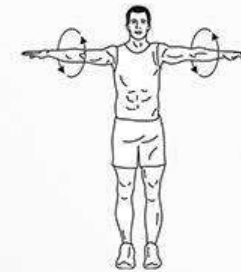
hops on the spot



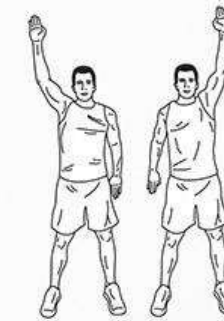
single leg hops



chest expansions



arm circles



alt chest expansions



arm circles



torso rotations



hip rotations



torso rotations



shoulder rotations







# ACTIVITY: SKILL-RELATED PICK-A-CARD FITNESS

**What do I need?** Deck of cards, jump rope/tape (for T-Jumps), Pick-a-Card Fitness Card ([Skill-Related Pick-a-Card Fitness Card](#))

**How do I play?** Object of the game is to complete 20-second Tabata intervals based on the card you draw.

## [Skill-Related Pick-a-Card Fitness](#)

	<b>AGILITY</b> The ability to move quickly and easily.
	<b>BALANCE</b> The ability to safely distribute and redistribute weight in order to maintain control of body movement and positions.
	<b>COORDINATION</b> The ability to use different parts of the body together smoothly and efficiently.
	<b>POWER</b> The ability to use the body's strength and force for explosive movement.

# ACTIVITY: SKILL-RELATED PICK-A-CARD FITNESS

TABATA INTERVAL CHOICE BOARD				
<b>Agility</b>	<u>t-jumps</u> <u>Front-to-Back</u> (20 Seconds)	<u>t-jumps</u> <u>Side-to-Side</u> (20 Seconds)	<u>t-jumps</u> <u>4 Squares</u> (20 Seconds)	<u>t-jumps</u> <u>Stepovers</u> (20 Seconds)
<b>Balance</b>	<u>Chair Pose</u> (20 Seconds)	<u>Tree Pose</u> (20 Seconds)	<u>Warrior Pose</u> (20 Seconds)	<u>Mountain Pose</u> (20 Seconds)
<b>Coordination</b>	<u>Juggle Toss</u> <u>(1 object)</u> (20 Seconds)	<u>Cross Jacks</u> (20 Seconds)	<u>Scissor Jumps</u> (20 Seconds)	<u>Wall Toss</u> <u>(right-to-left,</u> <u>left-to-right)</u> (20 Seconds)
<b>Power</b>	<u>Jump Knee-Tucks</u> (20 Seconds)	<u>Hop Heel Clicks</u> (20 Seconds)	<u>High Squats</u> (20 Seconds)	<u>Sprinter Lunges</u> (20 Seconds)

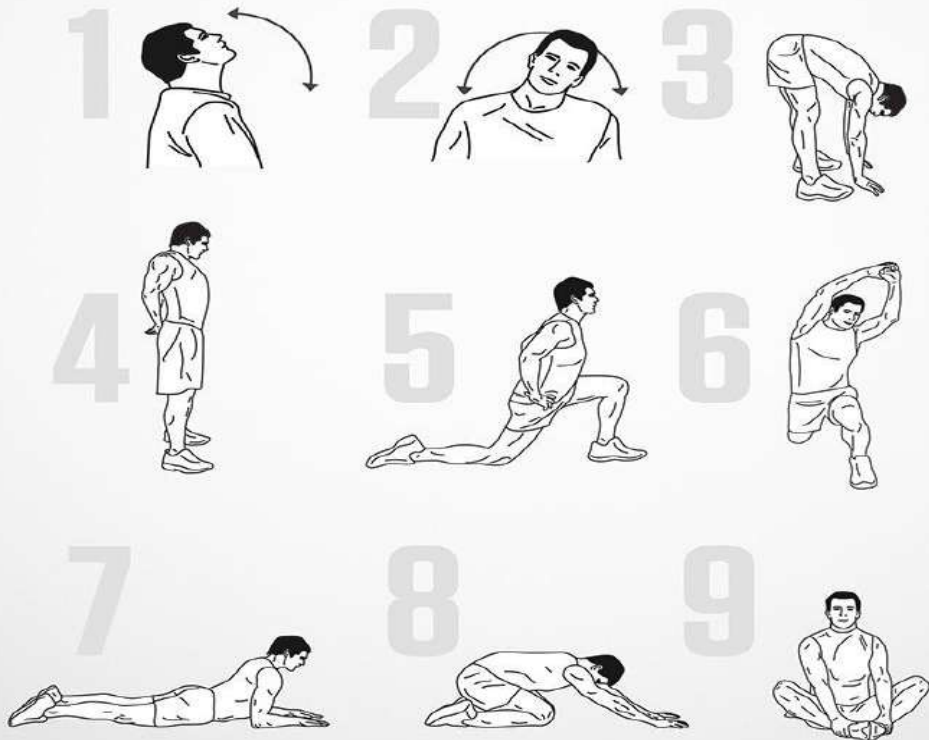




# EVERYDAY STRETCHING

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

Repeat (exercises with arrows) or hold (no arrows) each stretch  
**30 seconds each** - 30 seconds per side



## COOL DOWN

Darebee Everyday  
Stretching