



UNIFIED PE

MP2 Day 3:
SMART Goals





AGENDA

What are we doing?

- Learning Goal
- Vocabulary
- Warm-up: The Bard
- Workout: Thanksgiving Food This or That
- Cool Down: Post-Workout Stretches

What's due?

- Exit Ticket – available in announcements & lesson materials module

A close-up photograph of a wooden surface covered with Scrabble tiles. A row of tiles in the center spells out the word 'FITNESS' in capital letters. Several other tiles are scattered around, including 'S', 'E', 'T', 'N', 'D', 'Z', 'H', 'A', and 'P'. The tiles are light-colored wood with dark letters. The background is a warm, brown wooden surface.

LEARNING GOAL

I can continue to develop my personal fitness while at home

VOCABULARY: SMART GOALS



SMART stands for:

- Specific – it is clearly defined
- Measurable – it can be measured
- Attainable – you will be able to achieve it
- Realistic – it's practical
- Timely – it can be done in a reasonable amount of time

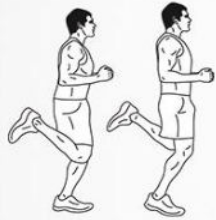
Brain Bites - SMART Goals



THE BARD

DAREBEE WORKOUT @ darebee.com

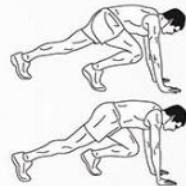
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



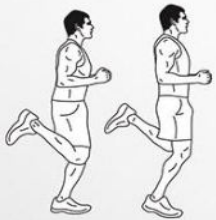
20 butt kicks



20 high knees



10 climbers



20 butt kicks



20 high knees



10 shoulder taps

WARM-UP

Repeat each of the following exercises 2x:

- 20 butt kicks
- 20 high knees
- 10 mountain climbers
- 20 butt kicks
- 20 high knees
- 10 shoulder touches





ACTIVITY: THANKSGIVING FOOD THIS OR THAT

Directions:

- 10 seconds – Pick your favorite food
- 30 seconds – Do the exercise on the side of the food you chose
- 15 seconds - Rest

[Thanksgiving Food This or That](#)

Post-workout stretches

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

Complete the following stretches

- Lying hamstring stretch
- Lying torso twist
- Ankle to knee
- Downward dog
- Pigeon
- Child's pose
- Runner's lunge
- Forward bend
- Shoulder stretch
- Triceps stretch

Hold each stretch for 15-20 seconds

