

Unified PE

Day 14: Stress



Agenda

What are we doing today?

- Learning Goals
- Vocabulary
- Warm-up: Darebee My Best Shot
- Activity: Family Feud Fitness
- Cool Down: Everyday Stretching

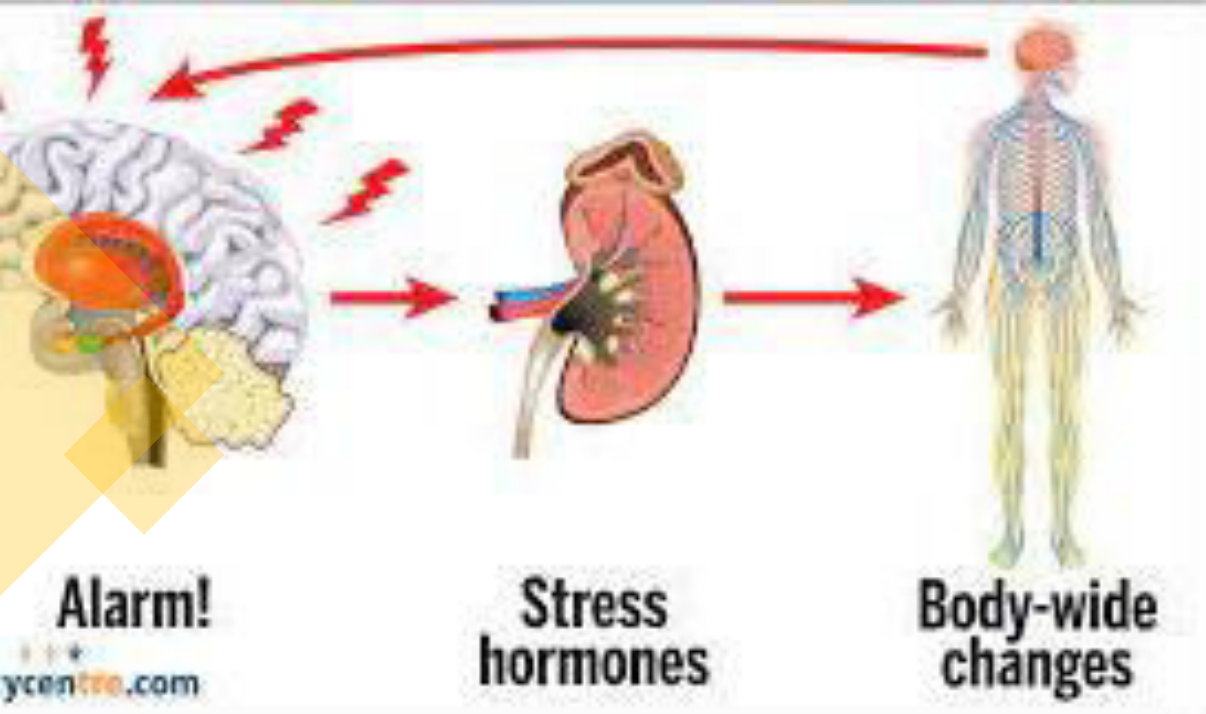
What's Due?

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

Learning Goals

The word "GOALS" is displayed in large, bold, metallic letters with a weathered, industrial texture. The letters are three-dimensional and set against a dark, textured background.

- I can work hard at home and in school to improve my physical fitness
- I can define stress
- I can discuss the body's responses to stress



Vocabulary

- **Stress** – a normal human reaction that happens to everyone.
 - A feeling of emotional or physical tension.
 - Can come from any event or thought that makes you feel frustrated, angry, or nervous
 - Can be positive – keeping us alert, motivated and ready to avoid danger
 - Can be negative – when stressors continue without relief or periods of relaxation
- [How Stress Affects Your Body](#)

MY BEST SHOT

DAREBEE WORKOUT © darebee.com

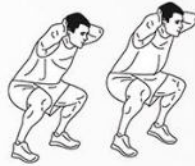
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 squat hops



20 overhead punches



10 squat hops



10 butt kicks



10 squat hops



10 butt kicks

Warm-up: My Best Shot

- **Directions:** Complete 2 rounds of the following exercises
 - Modified: 10 squats
 - 20 overhead punches
 - Modified: 10 squats
 - 10 butt kicks
 - Modified: 10 squats
 - 10 butt kicks

Activity: Family Feud Fitness

- **Directions:** Choose and complete the exercise that matches what you think would be a top 3 answer
- [Family Feud Fitness](#)



LIGHT EVERYDAY STRETCHING

DAREBEE WORKOUT © darebee.com

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



Cool Down: Everyday Stretching

- Hold each stretch for 20-30 seconds