



UNIFIED PE

DAY 6: WATER

AGENDA

What are we doing?

- Learning Goal
- Vocabulary
- Warm-up: Arms & Shoulders
- Activities: Water Bottle Activities
- Cool Down: Upper Body Stretch

What's due?

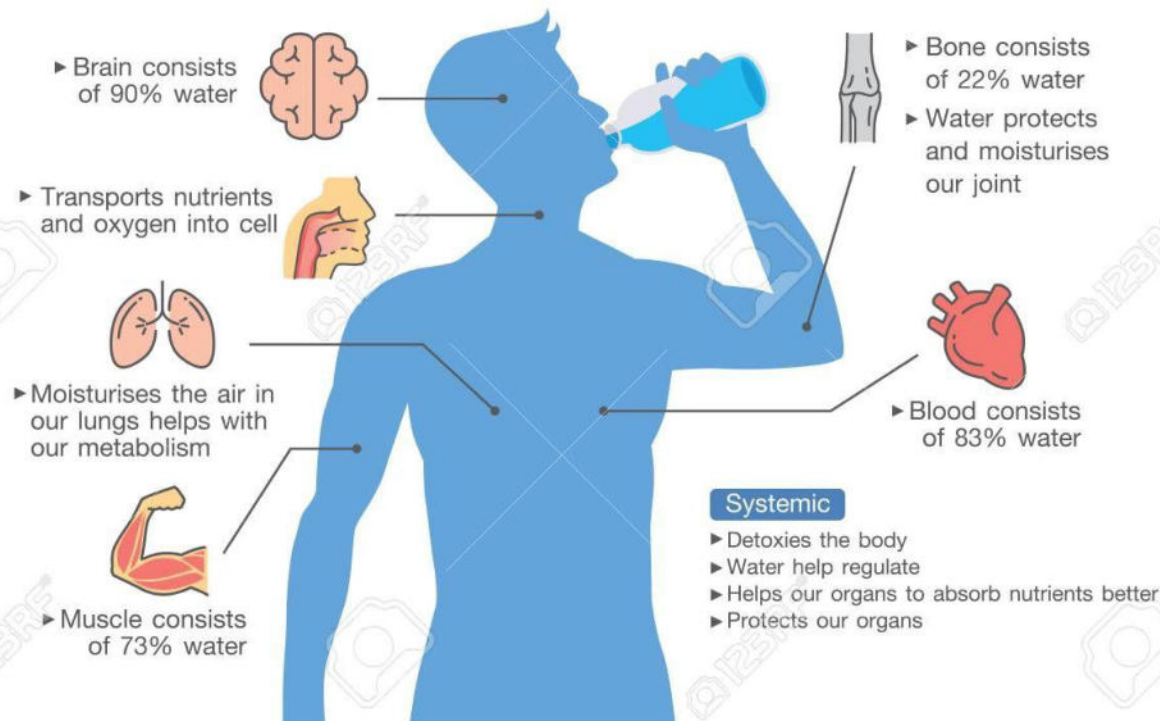
- Exit Ticket – available in announcement & Live Lessons Materials Module

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

Function of water in the body



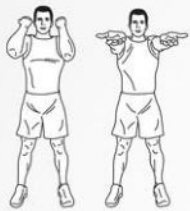
VOCABULARY: WATER

- A VITAL NUTRIENT – ESSENTIAL TO MOST BODILY FUNCTIONS, INCLUDING:
 - MAINTAIN HEALTH OF EVERY CELL IN THE BODY
 - ELIMINATE BY-PRODUCTS OF BODY'S METABOLISM (EXAMPLE: EXCESS ELECTROLYTES)
 - REGULATES BODY TEMPERATURE THROUGH SWEATING
 - CARRIES OTHER NUTRIENTS AND OXYGEN TO CELLS
 - AIDS IN DIGESTION
 - LUBRICATES AND CUSHIONS JOINTS
- [HOW THE SIX BASIC NUTRIENTS AFFECT YOUR BODY](#)

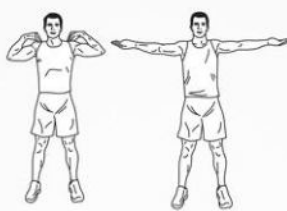
ARMS & SHOULDERS

DAREBEE WORKOUT © darebee.com

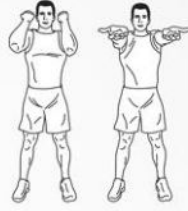
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 bicep extensions



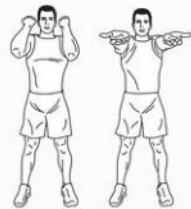
10 side shoulder taps



10 bicep extensions



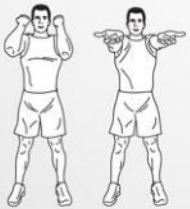
10 arm circles



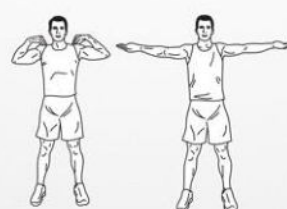
10 bicep extensions



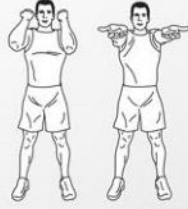
10 arm circles



10 bicep extensions



10 side shoulder taps



10 bicep extensions

WARM-UP: ARMS & SHOULDERS

2 ROUNDS OF THE EXERCISES SHOWN

ACTIVITY 1: WATER BOTTLE BOWLING

DIRECTIONS: STAND 7-10 FEET AWAY FROM THE WATER BOTTLE. ROLL YOUR SOCK BALL TO KNOCK DOWN THE WATER BOTTLE AND SCORE A POINT

- HOW MANY POINTS CAN YOU SCORE IN 1 MINUTE?

[PE AT HOME: WATER BOTTLE BOWLING](#)

LOOKING FOR A CHALLENGE? CHECK THIS ACTIVITY OUT: [PE AT HOME: WATER BOTTLE TRAP](#)





ACTIVITY 2: BOTTLE FLIP CHAOS

DIRECTIONS:

- FOR EVERY 3 JUMPING JACKS YOU COMPLETE, YOU EARN 2 BOTTLE FLIPS
- EACH TIME YOU LAND THE BOTTLE, YOU EARN 1 POINT!

HOW MANY TIMES CAN YOU LAND THE BOTTLE IN 1 MINUTE??

[PE AT HOME: BOTTLE FLIP CHAOS](#)

COOL DOWN: UPPER BODY STRETCH

COMPLETE EACH EXERCISE FOR
20 SECONDS

- NECK STRETCHES
- SHOULDER STRETCHES
- TRICEP STRETCHES
- BACK & SHOULDER STRETCHES
- SIDE BENDS
- TORSO ROTATIONS

upperbody *stretch*

by DAREBEE © darebee.com
20 seconds each exercise.



neck stretches



shoulder stretches



tricep stretches



back & shoulder stretches



side bends



torso rotations