# LPISD Physical Education 7<sup>th</sup>-8<sup>th</sup> grade May 4<sup>th</sup>– May 8<sup>th</sup> 2020

Physical Education	
Teacher/Team:	Coach Bartels PE Classes
If there are any questions, please feel free to email me at:  Bartelsc@lpisd.org	2nd Period PE 3rd Period PE 4th Period PE 5th Period PE

### **Objectives**

### Objective / I CAN:

I can maintain a healthy active lifestyle while successfully completing my distance learning by completing a daily Darebee workout.

#### Activities

### **Student Activities:**

Go to <u>Teams Folder</u>. Look for the daily assignment:

**1.** Go to the assignments in teams to access the two daily workouts for each week. The link will take you to that days workout. Once you have completed the workout for the day click "turn in" on the assignment tab in Teams.

**Darebee Workouts:** (control click each day)

Workout Day 12
Workout Day 13

# **Academic/Instructional Support**

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Teacher Support:

Schedule:

Students should access the daily workout on Wednesdays and Fridays of each week.

Office Hours: Tuesday 9-11am and Thursday 1-3pm

### To Be Graded

Assignment for students to submit to TEAMS Folder:

- 1. Completion of workouts Day 6 and Day 7. Make sure to click "turn in" button to submit your assignment.
- 2. You will be assessed on the completion of each workout.

Two Grades will be taken each week.

1. Completion of assigned workouts per week. (1 workout =50 pts. 2 workouts = 100 pts)

What assignments will the student submit?

1. Make sure to "Turn in" each workout on TEAMS as you complete it.

How will it be submitted?

1. Submit it through teams.