LPISD Athletics 7th-8th grade
May 11th– May 15th 2020

Athletics	
Teacher/Team: Coach Bartels If there are any questions, please feel free to email me at: Bartels@lpisd.org Link to TEAMS Folder https://www.lpisd.org/student-portal-clone	Coach Bartels' Athletics Classes 1st Period 7th Period

Objectives

Objective / I Will:

I will: Maintain a healthy active lifestyle while successfully completing my distance learning by completing a daily Teambuilder workout

Activities

Student Activities:

1. Download the Teambuildr app and log in.

- Login code - G0IQ-FQTC
- Password – CTWMU18A

Students, please use your LPISD student email, and your name when signing up. Make sure to put

LXJ in FRONT of your last name when you register.

Parents, please do not register as well as we have a limited amount of entries.

2. Each workout is designed to be 30 minutes. Athletics is scheduled for 2 hours per week, so in

order to receive a 100, athletes will need to complete at least 4 full daily workouts.

Academic/Instructional Support	
Teacher Support:	TEAMS and email: bartelsc@lpisd.org
Schedule:	Students should access the daily workout on Teambuildr. Each workout is only 30 minutes. Workouts are available every day except Sundays.
Office Hours	Office Hours: Tuesday 9-11 and Thursday 1-3

To Be Graded

Assignment for students to submit:
- All workout progress is automatically updated and saved on the Teambuildr app. There is nothing additional needed to submit to TEAMS

How will students be graded?
- **There will be two grades per week.**

Each work out is 12 exercises per day and should take about around 30 minutes to complete the entire daily workout. Grades will be done on Wednesday and Friday of each week. Here is the grading rubric we will be using.

- By Friday at 3:30PM, students must have the following total of:
    o 48 exercises done in order to receive a 100
    o 40-47 exercises will earn a 90
    o 32-39 exercises will earn an 80
    o 24-31 exercises will earn a 70
    o Anything under 24 will earn a 60