

(LPHS) (Physical Education) Outreach Learning
April 27– May 4, 2020

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Teacher/Team: Quinton Jones
If there are any questions, please feel free to email me at:
(jonesq@lpisd.org)

Links to classroom TEAMS:

[2nd](#)

[3rd](#)

[4th](#)

Objectives

Objective / I Can:

- I can explain the relationship between physical fitness and health. I will participate in a variety of activities that develop health related physical fitness activities including aerobic exercise to develop cardiovascular efficiency.

Activities

Student Activities: Each student will answer the question of the day (QOTD) along with doing each warm-up and activity.

PS we will go live on TEAM video Tuesday if you would like to join.

2nd- 9:00

3rd-9:30

4th-10:00

1. QOTD:

What do you think about school begin cancelled for the rest of the year?

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WARM UP: daily stretches

ACTIVITY: Complete “Fitness Monopoly” the 1st time.

2. QOTD-

What do you think about the Monopoly game? Is it something we can do next year as a class?

WARM UP: daily stretches

ACTIVITY: Complete “Fitness Monopoly” the 2nd time.

Academic/Instructional Support

Schedule: Physical Education assignments will be uploaded on Thursday.

Office Hours Mon.-Fri. 8-12

Teacher Support – I will be available for direct support during my office hours. You may contact me on TEAMS daily until 4 P.M., any questions after 4 P.M. will be answered the following day.

To Be Graded

Assignment for students to submit to TEAMS Folder under the assignment tab.

1. You will receive a grade for each assignment turned in.

When is it due? Monday May 4, 2020 by 8 A.M.

What assignments will the student submit?

1. The question of the day (QOTD).

How will it be submitted?

Electronically, except by individual arrangement.

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