

**LPHS ATHLETICS- Girls Basketball Outreach Learning**  
**May 4-May 8, 2020**

***LPHS Girls Basketball* Week of 5/4/20-5/8/20**

Teacher/Team:

If there are any questions, please feel free to email me/us at:  
[thompstone@lpisd.org](mailto:thompstone@lpisd.org)

Link to [TEAMS Folder](#)

Previous Lessons:

Link to: (*Resources*).

TEAMS Folder Links:

1<sup>st</sup>Period:  
[1st Period](#)

8<sup>th</sup> Period:  
[8th Period](#)

## Objectives

Objective / I Can:

- Participate in a variety of activities that develop health-related physical fitness activities including aerobic exercise to develop cardiovascular efficiency.
- Demonstrate the skill-related components of physical fitness such as agility, balance, coordination, power, reaction time, and speed.
- Develop positive self-management and social skills needed to work independently and with others in team sports.

## Activities

Student Activities: (Resources, videos for students to use.)

Go to:

[1st Period](#)

[8th Period](#)

Look for the assignment:

1. Using the Students are to complete the daily workouts provided in the app. MWF workouts are required, T/TH workouts are optional, but strongly encouraged. \*60% Completion Rate for Workouts
2. Students should participate in one class period meeting per week.

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Schedule:	Teacher Support - TEAMS <i>I will be actively monitoring TEAMS from 8:00 am - 12:00 pm</i>
Office Hours	Office Hours: 1:00-4:00
<b>To Be Graded</b>	
Assignment for students to submit to TEAMS Folder: 1. Students will complete the MWF workouts in the TeamBuildr App. Students should show a completion of 60% for the week. (Completion Grade) 2. Students will participate in one class period meeting per week. ( <i>Explain how the assignment will be assessed</i> )	
When is it due? Monday, May 11th	
What assignments will the student submit? 1. TeamBuildr MWF Workouts 2. 3.	
How will it be submitted?	
Electronically, except by individual arrangement.	