

LPHS Physical Education Outreach Learning
March 25 - 27, 2020

Physical Education Week of March 25-27, 2020

Teacher/Team: Flowers

flowersm@lpisd.org

If there are any questions, please feel free to email me/us at:

Link to [TEAMS Folder](#)

Previous Lessons:

[Period 4](#)

[Period 5](#)

[Period 7](#)

Link to: (*Resources*).

Objectives

Objective / I Can:

- I can explain the relationship between physical fitness & health, and between fluid balance, physical activity, and environmental conditions, such as loss of water and salt during exercise.
- I can participate in a variety of activities that develop health-related physical fitness activities including aerobic exercise to develop cardiovascular efficiency.
- I can select and participate in adventure/outdoor education activities that provide enjoyment and challenge.

Activities

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

Go to [Teams Folder](#). Look for the assignment:

1. Physical Education Packet Week 1 Day 1
2. Physical Education Packet Week 1 Day 2
3. Physical Education Packet Week 1 Day 3

Directions: Each page includes the following:

-TEK objective

-Question of the day (QOTD)

-Activity -I will do More or Less of...Why?

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In the blanks stated - “I will do more of” think about these questions from a physical-health standpoint. For example, it could be a certain amount of time on video games or challenging yourself to do crunches in between TV commercials.

Additionally, you will need to state why you are setting this goal. Remember, you are expected to fill in the boxes written in complete sentences. When you have completed the activity, please write the total time it took you to complete the workout.

Academic/Instructional Support

Schedule:

Office Hours

Teacher Support - TEAMS

I am available and will be actively monitoring TEAMS from 8 AM- 12 PM.

1 PM – 4PM

Email: flowersm@lpisd.org

To Be Graded

Assignment for students to submit to TEAMS Folder:

1. The assignments will be assessed by all parts completed and turned in on time.

When is it due? March 30 at 8 AM

What assignments will the student submit?

1. Physical Education Packet Week 1 Day 1
2. Physical Education Packet Week 1 Day 2
3. Physical Education Packet Week 1 Day 3

How will it be submitted?

Electronically, except by individual arrangement.