

(LPHS) (Football) Outreach Learning
April 6 - 10, 2020

(Football) Week of April 6-10, 2020

Teacher/Team: Anthony Renfro
If there are any questions, please feel
free to email me/us at:
(renfroa@lpisd.org)

Links to classroom TEAMS:

[5th](#)

[8th](#)

Objectives

Objective / I Can:

- I will participate in a variety of activities that develop health related physical fitness activities including aerobic exercise to develop cardiovascular efficiency using the Team Buildr app.

Activities

Student Activities: Each student will answer the question of the week (QOTW) on Friday after completing the following warmup and workouts for the entire week.

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6

Mon

Upper



Jumping Jacks
2 x 30



Shoulder CAR
2 x 10 ea.



Bent Over T-Spine Rotation
2 x 20 ea.



Diamond Push Up
3 x AMAP



Towel Iso Row
3 x ALAP secs



High or Low Bird Dog
3 x 10 ea.



Pike Push Up
3 x 10



Back Pack Alternating Shoulder Raise
3 x 10 ea.



Plank Shoulder Taps
3 x 20



Side plank
3 x 45 secs ea.



Wall 1 Arm Push Up
3 x 10 ea.



Plank Lateral Walk
3 x 10 ea. - 3 steps to the side = 1 rep

7

Tue

Sprint Day



Running Warm-Up
5 min jog Then follow the video



Sprint
8 sets - 20 YARDS



Sprint
2 sets - 40 YARDS



Sprint
2 sets - 60 YARDS



Sprint
2 sets - 60 YARDS

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8
Wed

Whole Body



Jumping Jacks

2 x 30



Instep and Twist

2 x 10 ea.



Shoulder CAR

2 x 10 ea.



Bent Over T-Spine Rotation

2 x 20



Cossack Squat

3 x 8 ea.



Single Arm Back Pack Rows

3 x AMAP ea.



Single Leg RDL

3 x 8 ea.



Push Up

3 x AMAP



Curtsy Squat

3 x 8 ea.



Low Plank

3 x 60 secs



Back Pack Swings

3 x 15



Back Pack Military Press

3 x 15



Back Pack Goblet Squat

3 x 15



I/Y/T

3 x 15 - 15 I/ 15 Y/ 15 T



Back Pack Single Arm Clean

3 x 5 ea.



Back Pack Reverse Fly

3 x 15 ea.

9
Thu

Conditioning Day



Intervals

2 sets - 2 sets of 9 minutes. 8 sec sprint. 25 sec walk. 10 min break between sets.

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10

Fri

Lower

+

A

Jumping Jacks

2 x 30

+

A

Fire Hydrant

2 x 15 ea.

+

A

Instep and Twist

2 x 10 ea.

+

Box Landings

4 x 5

+

Vertical jump

4 x 1

+

Broad Jump

4 x 1

+

Single Leg Hops

4 x 5 ea.

+

C

Back Pack Goblet Squat

3 x 15

+

C

RDL (Romanian Deadlift)

3 x 15 - USE BACK PACK INSTEAD OF BAR

+

C

Back Pack Rear Foot Elevated Squat

2 x 10 ea.

+

D

Back Pack Swings

3 x 15

+

D

Back Pack Goblet Step Back

3 x 10 ea.

+

E

Back Pack Over Head Squat

3 x 10

+

E

Single Leg Hip Thrust

3 x 10 ea.

+

F

Back Pack Side Lunge

3 x 10 ea.

+

F

Lying Leg Raise

Question of the week (QOTW): What is the one step I can take right now to move closer to my goal?

Academic/Instructional Support

Schedule: Football assignments will be uploaded once a week on TEAMS and our Team Buildr app.
 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

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Assignment for students to submit to TEAMS Folder and through the Team Buildr app.

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

When is it due? Monday, April 13, 2020 by 8 A.M.

What assignments will the student submit?

1. The question of the week (QOTW).

Electronically, except by individual arrangement.