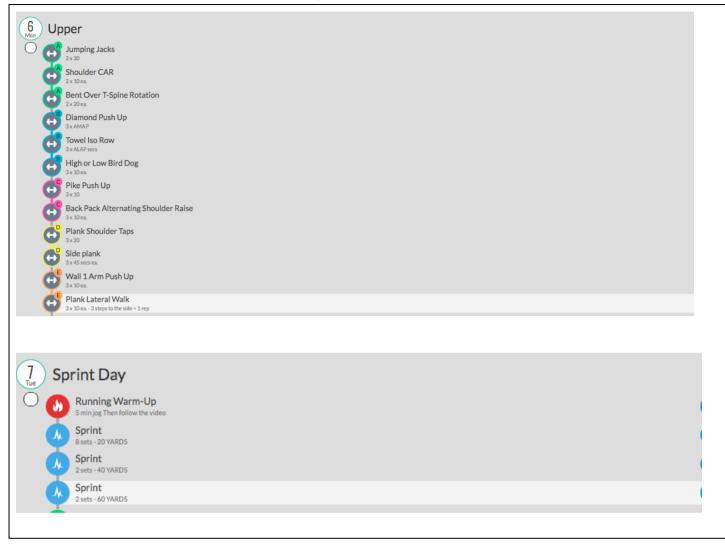
(Football) Week of April 6-10, 2020			
Teacher/Team: Anthony Renfro If there are any questions, please feel free to email me/us at: (renfroa@lpisd.org)	Links to classroom TEAMS: 5th 8th		
Objectives			
 Objective / I Can: I will participate in a variety of activities that develop health related physical fitness activities including aerobic exercise to develop cardiovascular efficiency using the Team Buildr app. 			
Activities			
Student Activities: Each student will answ (QOTW) on Friday after completing the for the entire week.	•		



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Fire Hydrant 2x15 ea.	(
Instep and Twist	(
Box Landings	(
Vertical jump	(
Broad Jump	(
Single Leg Hops	
Back Pack Goblet Squat	
RDL (Romanian Deadlift) 3x15-USE BACK PACK INSTEAD OF BAR	
Back Pack Rear Foot Elevated Squat	
Back Pack Swings	
Back Pack Goblet Step Back	
Back Pack Over Head Squat	
Single Leg Hip Thrust	
Back Pack Side Lunge	
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 MonFri. 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 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.