

(LPHS) (Football) Outreach Learning
April 27 – May 1, 2020

(Football) Week of April 2 – May 1, 2020

Teacher/Team: Anthony Renfro
If there are any questions, please
feel free to email me/us at:
(renfroa@lpsd.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 Athlete's Exercise on Friday after watching and reading the character lesson for the week.

(LPHS) (Football) Outreach Learning
April 27 – May 1, 2020

Search 8:06 AM

WORKOUT

Monday - Apr. 27, 2020

Upper

A

Jumping Jacks

2 x 30

+

A

Shoulder CAR

2 x 10 ea.

+

A

Bent Over T-Spine Rotation

2 x 20 ea.

+

B

Diamond Push Up

3 x AMAP

+

B

Towel Iso Row

3 x ALAP

+

B

High or Low Bird Dog

3 x 10 ea.

+

C

Pike Push Up

3 x 10

+

C

Back Pack Alternating Shoulder Raise

3 x 10 ea.

+

D

Plank Shoulder Taps

3 x 20

+

D

Side plank

3 x 45 secs. ea.

+

E

Wall 1 Arm Push Up

3 x 10 ea.

+

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WORKOUT

Tuesday - Apr. 28, 2020

Sprint Day

Running Warm-Up

5 min jog

+

Sprint

8 sets - Completion Only

+

Sprint

4 sets - Completion Only

+

Sprint

3 sets - Completion Only

+

Team Feed

Leaderboard

Workout

Messaging

More

Team Feed

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Workout

Messaging

More























(LPHS) (Football) O
April 27 – M

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WORKOUT

< Wednesday - Apr. 29, 2020 >

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 
-  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 

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WORKOUT

< Thursday - Apr. 30, 2020 >

Conditioning Day

-  Intervals 2 sets - Completion Only 



WORKOUT



Friday - May. 01, 2020



Lower



Jumping Jacks

2 x 30



Fire Hydrant

2 x 15 ea.



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.



Back Pack Goblet Squat

3 x 15



RDL (Romanian Deadlift)

3 x 15



Back Pack Rear Foot Elevated Squat

2 x 10 ea.



Back Pack Swings

3 x 15



Team Feed



Leaderboard



Workout



Messaging



More

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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

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? Friday, May 1st, 2020 by 3 P.M.

What assignments will the student submit?

1. Athlete's Exercise

Electronically, except by individual arrangement.