

**La Porte High School Aquatics Outreach Learning**  
**March 30 – April 3, 2020**

**Grades 9-12 Week of March 30 – April 3**

Teacher/Team:

If there are any questions, please  
feel free to email me/us at:  
(Email Address of the Teacher

[bergj@lpisd.org](mailto:bergj@lpisd.org)

Link to [TEAMS Folder](#)

Previous Lessons:

[8th Period Athletics](#)

[1st Period Athletics](#)

Link to: (Resources).

## Objectives

Objective / I Can:

- March 30: I will complete cardio Workout
- March 31: I will complete Upper Body Work out
- April 1: I will study water polo rule video
- April 2: I will study water polo strategy video
- April 3: I will complete Cardio Work out

## Activities

Student Activities:

March 30: [Cardio Work out](#)

March 31: [Upper Body workout](#)

April 1: [Water Polo Rules](#)

April 2: [Water Polo game play](#)

April 3: [Cardio Starter](#)

## Academic/Instructional Support

Schedule:

Office Hours

Teacher Support - TEAMS

*I will be available for questions through the TEAMS website and my email address M-F 8 am – noon.*

**La Porte High School Aquatics Outreach Learning**  
**March 30 – April 3, 2020**

**To Be Graded**

Assignment for students to submit to TEAMS Folder:

March 30: [Cardio Work out](#)

March 31: [Upper Body workout](#)

April 1: [Water Polo Rules](#)

April 2: [Water Polo game play](#)

April 3: [Cardio Starter](#)

When is it due? Monday April 6

What assignments will the student submit?

March 30: [Cardio Work out](#)

March 31: [Upper Body workout](#)

April 1: [Water Polo Rules](#)

April 2: [Water Polo game play](#)

April 3: [Cardio Starter](#)

How will it be submitted? Via Check In on Teams.

Electronically, except by individual arrangement.