

La Porte High School Aquatics Outreach Learning
April 6 – April 10, 2020

Grades 9-12 Week of April 6 – April 10

Teacher/Team:

bergj@lpisd.org

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

[8th Period Athletics](#)

Link to [TEAMS Folder](#)

[1st Period Athletics](#)

Previous Lessons:

Link to: (Resources).

Objectives

Objective / I Can:

- April 6: I will complete cardio Workout
- April 7: I will complete Upper Body Work out
- April 8: I will study water polo skills video
- April 9: I will study water polo strategy video
- April 10: No School

Activities

Student Activities:

April 6: [Cardio Work out](#)

April 7: [Upper Body workout](#)

April 8: [water polo skills](#)

April 9: [Water Polo game play](#)

Academic/Instructional Support

Schedule:

Teacher Support - TEAMS

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

Office Hours

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To Be Graded

Assignment for students to submit to TEAMS Folder:

April 6: [Cardio Work out](#)

April 7: [Upper Body workout](#)

April 8: [water polo skills](#)

April 9: [Water Polo game play](#)

When is it due? Monday April 6

What assignments will the student submit?

March 6: [Cardio Work out](#)

March 7: [Upper Body workout](#)

April 8: [water polo skills](#)

April 9: [Water Polo game play](#)

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

Electronically, except by individual arrangement.