

**LPHS Partner PE Outreach Learning**  
**March 30 – April 3**

*Partner PE 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)*

Link to [TEAMS Folder](#)

Previous Lessons:

Link to: *(Resources)*.

Flowers

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

[Period 3](#)

## Objectives

Objective / I Can:

- I can preform static (not moving) and dynamic (moving) stretches/agilites to warm up the body for different exercises.
- I can demonstrate various aerobic exercises.

## Activities

Student Activities: <https://family.gonoodle.com/activities/not-dog-time-machine>

Go to [Teams Folder](#). Look for the assignment:

1. **FITT Exercise Card 2:**
2. **Begin with our daily stretches and count to 10:** Feet Together, Feet apart (right, left, and middle), butterfly, right arm across chest, left arm across chest, right arm above head, left arm above head, (Stand up) feet together toe touches, right over left, left over right, feet apart (right, left, middle), grab right ankle, grab left ankle.
3. **Find a wall for wall push ups:** do 10
4. **Agilites (can do in living room or stay in place):** high knees, butt kicks, frankensteins, skip, gallop, back pedal, jog
5. **FITT Exercise card:** Choose 5 exercises from card and circle the ones completed
6. **Complete the GoNoodle video**
7. Start with our daily stretches and agilities
8. Click the link above and it will load the video
9. **FITT Exercise Card 3:**
10. **Begin with our daily stretches and count to 10:** Feet Together, Feet apart (right, left, and middle), butterfly, right arm across chest, left arm across chest, right arm above head, left

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arm above head, (Stand up) feet together toe touches, right over left, left over right, feet apart (right, left, middle), grab right ankle, grab left ankle.

**11. Find a wall for wall push ups:** do 10

**12. Agilites (can do in living room or stay in place):** high knees, butt kicks, frankensteins, skip, gallop, back pedal, jog

**13. FITT Exercise card:** Choose 5 exercises from card and circle the ones completed

### Academic/Instructional Support

Schedule:

Office Hours

Teacher Support - TEAMS

I am available and will be actively monitoring TEAMS from 8 AM- 12 PM.

1 PM – 4PM

Email: [flowersm@lpsd.org](mailto:flowersm@lpsd.org)

### To Be Graded

Assignment for students to submit to TEAMS Folder:

1. FITT Exercise Cards that have been completed and circled.

When is it due? **April 6 at 8 AM**

What assignments will the student submit?

1. FITT Exercise Card 2
2. FITT Exercise Card 3

How will it be submitted?

Electronically, except by individual arrangement.