

(LPHS) (Physical Education) Outreach Learning
March 30th – April 3, 2020

- March 25-27, 2020

Teacher/Team: Daniel Swaim
If there are any questions,
please feel free to email me at:
(SwaimD@lpisd.org)

Links to classroom TEAMS:

[2nd](#)

[3rd](#)

[4th](#)

Objectives

Objective / I Can:

- I can explain the relationship between physical fitness and health. I will participate in a variety of activities that develop health related physical fitness activities including aerobic exercise to develop cardiovascular efficiency.

Activities

Student Activities: Each student will answer the question of the day (QOTD) along with doing each warm-up and activity. Make sure you keep time of how long it takes to complete the workout.

1.(30th) Do you like listening to music while you exercise? What kind?
How does it make you feel? (3 complete sent)

Warm up- daily stretches

5 TEMPO PUSH UPS (3 sec down, explode up), 10 -10 sec squat hold,
10 couch/chair/bench push-ups, 20 shoulder taps, 30 crunches

- 30 crunches

Time competed:

(LPHS) (Physical Education) Outreach Learning
March 30th – April 3, 2020

2.(31st) **QOTD**: Do you like exercising indoors or outdoors better? (3 complete sent)

Warm up- daily stretches

Activity- • **CHOOSE YOUR OWN ACTIVITY FOR THE DAY –**

Walking, jogging, game, etc.

Time competed:

3. (1st) : How would you describe your last main meal in terms of its nutritional value? Nutrient; (Noun) A substance that provides nourishment that is essential for growth and the maintenance of life

Warm up- daily stretches

Activity- **DESCRIBE** how food is used as fuel:

4. (2nd) **QOTD**: Does living an active lifestyle help you to appreciate your mobility? (3 complete sent)

Warm up – daily stretches

ACTIVITY: 5 X 2 min QH in between rounds

20 squats, 12 sit ups, 10 push-ups, 25 toe touches

5. (3rd) **QOTD**: How does your body feel after you exercise? What emotions do you feel when you exercise? (3 complete sent)

Warm up – daily stretches

ACTIVITY: Jog down your street and back 5 times

Academic/Instructional Support

Schedule: Physical Education assignments will be uploaded on Tuesday and Thursday.

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

(LPHS) (Physical Education) Outreach Learning
March 30th – April 3, 2020

Office Hours Mon.-Fri. 8-12

questions after 4 P.M. will be answered the following day.

To Be Graded

Assignment for students to submit to TEAMS Folder under the assignment tab.

1. You will receive a grade for each assignment turned in.

When is it due? Monday, April 6th, 2020 by 8 A.M.

What assignments will the student submit?

1. The question of the day (QOTD).
2. Time it took to complete the activity.

How will it be submitted?

Electronically, except by individual arrangement.