

LPHS Partner PE Outreach Learning

May 11 – May 15

Partner PE Week of 8 May 11 – May 15

Teacher/Team:

If there are any questions, please feel free to email me/us at:

(Email Address of the Teacher)

Flowers

Flowersm@lpisd.org

Link to [TEAMS Folder](#)

Previous Lessons:

[Period 3](#)

Link to: (Resources).

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:

LIVE CHAT: WEDNESDAY 1 PM

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

Make a Video of Yourself 1 & 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.
- **Find a wall for wall push ups:** do 10
- **Agilites (can do in living room or stay in place):** high knees, butt kicks, frankensteins, skip, gallop, back pedal, jog

Academic/Instructional Support

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Schedule:	Teacher Support - TEAMS I am available and will be actively monitoring TEAMS from 8 AM- 12 PM.
Office Hours	<i>1 PM – 4PM</i> Email: flowersm@lpisd.org
To Be Graded	
Assignment for students to submit to TEAMS Folder: 1. Assignments will be completed and submitted to teacher.	
When is it due? MAY 18 @8 AM	
What assignments will the student submit? 1. Make video of yourself lesson 1 2. Make video of yourself lesson 2	
How will it be submitted?	
Electronically, except by individual arrangement.	