

**(PE) Week of April 6-9, 2020**

Solomon: Periods 3 & 6  
If there are any questions, please feel free to email me at:  
solomong@lpisd.org

Link to [TEAMS Folder](#)

My goal is for you to be active during our time apart. Physical activity will help boost your immune system and releases those feel good endorphins, too! It is important for our mental health as well, and I am here to help motivate you.

[Solomon 3rd Period PE](#)

[Solomon 6th Period PE](#)

**Objectives**

Objective / I Can: Be active and improve my mental and physical health by incorporating exercise and the opportunity for movement each day.

**Activities****Student Activities:**

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

1. Write down a daily goal for yourself. (Walking the dog, playing Just Dance with a sibling, swimming, doing a yoga/fitness video, going for a jog, mowing the lawn)
2. Document what activities you actually performed that day, along with the length of time. ANY physical activity counts! Remember, you want to strive for 60 minutes of moderate exercise a day, and more is better!
3. At the end of the week, reflect on what physical activity you enjoyed the most and why.

**Academic/Instructional Support**

Schedule: Monday-Friday

Office Hours: 8:00-12:00

I will be available to you Monday through Friday from 8am-12:00. In addition to checking TEAMS, you may email me at any time with questions or concerns, and I will get back with you promptly.

**To Be Graded**

**Assignment for students to submit to TEAMS Folder:**

- 1. You will submit your Fitness Log each week, along with your reflection.**
- 2. You will receive a grade for the activity log, and a grade for the reflection paragraph.**

**DUE: Monday, April 13 at 8:00 am; it may be submitted earlier, of course.**

**What assignments will the student submit?**

- 1. Fitness Log**
- 2. Reflection Paragraph**

**You may upload your document to TEAMS, or email it to me at [solomong@lpisd.org](mailto:solomong@lpisd.org)**