

LPHS Partner PE Outreach Learning
April 20– April 24

Partner PE Week of April 20 – April 24

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](#)

[Period 3](#)

Previous Lessons:

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 11 AM

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

1. ACTIVITY LOG: Choose your own activity:

This week you are going to choose 2 activitites you want to do for exercise this week.. Write down what you did on the activity log, how long it took you, and submit it to me.

- **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
- **Pick your activity, record it on Activity Log.**

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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@lpisd.org

To Be Graded

Assignment for students to submit to TEAMS Folder:

1. Activity log has been completed with 2 different activities on different days.

When is it due? April 27 at 8 AM

What assignments will the student submit?

1. Activity Log

How will it be submitted?

Electronically, except by individual arrangement.