

**LPHS Athletics-Softball Outreach Learning**  
**March 30 – April 3, 2020**

**Softball Week of (3/30-4/3)**

Teacher/Team:  
If there are any  
questions, please  
feel free to email  
me/us at:  
upshawb@lpsd.org

Link to TEAMS

<https://teams.microsoft.com/l/team/19%3a84d9e72c0c14a97a7d76656e77e13cb%40thread.tacv2/conversations?groupId=869c2466-a390-48aa-be1f-003ee938266b&tenantId=a071818d-dec3-4d05-b934-d92dde4c6afb>

Previous Lessons:

Link to:  
(Resources).

**Objectives**

Objective / I Can:

- Complete strength and conditioning workouts using the website or app provided by LPHS athletics

**Activities**

Students will utilize the “Teambuildr” strength and conditioning website or app and keep a weekly log of their activities.

**Academic/Instructional Support**

Schedule:

Teacher Support - TEAMS

Office  
Hours

Teacher is available via Remind to students on a continuous basis.

**To Be Graded**

Students will submit a log of their weekly activities each Friday.