

(LPHS) (Physical Education) Outreach Learning
April 13 – April 17, 2020

- April 13 - April 17, 2020

Teacher/Team: Quinton Jones
If there are any questions, please feel free to email me at:
(jonesq@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. QOTD- Can you name 3 professional athletes that take physical fitness serious ? (3 complete sent)

Warm up- daily stretches

Activity- 4x2 min quick hydration

- 10 squat
- 10 jump squat

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- 10 alt lungs
- 30 jumping jacks
- 30 crunches

Time competed:

2. QOTD- How does living an active lifestyle improve your physical fitness levels? (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

Time competed:

Academic/Instructional Support

Schedule: Physical Education assignments will be uploaded on Thursday.

Office Hours Mon.-Fri. 8-12

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 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.

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When is it due? Monday April 21, 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.