

La Porte High School Aquatics Outreach Learning
April 14 – April 17, 2020

Grades 9-12 Week of April 14 – April 17

Teacher/Team:

bergj@lpisd.org

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

(Email Address of the Teacher)

[8th Period Athletics](#)

Link to [TEAMS Folder](#)

[1st Period Athletics](#)

Previous Lessons:

Link to: (Resources).

Objectives

Objective / I Can:

- April 14: I will complete cardio Workout
- April 15: I will complete Upper Body Work out
- April 16: I will study water polo skills video
- April 17: I will study water polo strategy video
- April 14-17 I will complete the scheduled workout on the teambuildr.com website

Activities

Student Activities:

April 14: [Cardio Work out](#)

April 15: [Upper Body workout](#)

April 16: [water polo skills](#)

April 17: [Water Polo game play](#)

April 14-17: <https://www.teambuildr.com/>

La Porte High School Aquatics Outreach Learning
April 14 – April 17, 2020

Academic/Instructional Support

Schedule:

Office Hours

Teacher Support - TEAMS

I will be available for questions through the TEAMS website and my email address M-F 8 am – noon.

To Be Graded

Assignment for students to submit to TEAMS Folder:

April 14: [Cardio Work out](#)

April 15: [Upper Body workout](#)

April 16: [water polo skills](#)

April 17: [Water Polo game play](#)

April 14-17: <https://www.teambuildr.com/>

When is it due? Monday April 20

What assignments will the student submit?

April 14: [Cardio Work out](#)

April 15: [Upper Body workout](#)

April 16: [water polo skills](#)

April 17: [Water Polo game play](#)

April 14-17: <https://www.teambuildr.com/>

How will it be submitted? Via Check In on Teams.

Electronically, except by individual arrangement.