

(LPHS) (Physical Education) Outreach Learning
May 11th-15th

QOTD- May 11th-15th,2020

Teacher/Team: Daniel Swaim
If there are any questions,
please feel free to email me at:
(swaimd@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 activity.

1. QOTD:

Describe what a TABATA workout is and its benefits.

Follow along with the video <https://www.youtube.com/watch?v=Z4ziWoCuf5g>

2. QOTD:

Why do you think TABATA burns more fat and calories, than a regular 30-60 minute gym workout?

Follow along with the video : : <https://youtu.be/ELXR53WyPgc>

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Academic/Instructional Support

Schedule: Physical Education assignments will be uploaded on Tuesday and 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.

When is it due? Monday May 18th, 2020 by 8 A.M.

What assignments will the student submit?

1. The question of the day (QOTD).

How will it be submitted?

Electronically, except by individual arrangement.