

LPHS Partner PE Outreach Learning
March 25 - 27, 2020

Partner PE Week of March 25-27

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.

Activities

Student Activities: (Resources, videos for students to use.)

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

- FITT Exercise Card:
 - 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
 - FITT Exercise card:** Choose 5 exercises from card and circle the ones completed

Academic/Instructional Support

Schedule:

Teacher Support - TEAMS

I am available and will be actively monitoring TEAMS from
8 AM- 12 PM.

Office Hours

1 PM – 4PM

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To Be Graded

Assignment for students to submit to TEAMS Folder:

1. FITT exercises that have been completed and circled.

When is it due? **March 30th at 8 AM**

What assignments will the student submit?

1. FITT Exercise Card
- 2.
- 3.

How will it be submitted?

Electronically, except by individual arrangement.