

**(LPHS) (Physical Education) Outreach Learning**  
**May 4 – May 8, 2020**

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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:

(A) explain the relationship between physical fitness and health;  
(B) 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<sup>st</sup> Assignment:

**1) Download WOD Generator App**

a) Under the tab Bodyweight WOD

b) Choose a WOD to do:

Type the WOD here: (example 5 rounds for time 10 lunges, 5 burpees, 5 sit ups)

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- Time completed:

QOTD- Do you like this APP? Why?

2<sup>nd</sup> Assignment:

**Create a 1-2-minute video of yourself doing an activity of your choice**

- a) I want to see your smiling face!!!
- b) Attach the video an email it to your teacher

QOTD- What activity have you liked best over the Outreach Learning? Why?

**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 May 11, 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.