

**(LPHS) (Physical Education) Outreach Learning**  
**March 25 - 27, 2020**

**- March 25-27, 2020**

Teacher/Team: Quinton Jones  
If there are any questions, please feel free to email me at:  
(jonesq@lpisd.org)

Links to classroom TEAMS:

[2<sup>nd</sup>](#)  
[3<sup>rd</sup>](#)  
[4<sup>th</sup>](#)

**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.(25<sup>th</sup>) QOTD- Why is it important to participate in physical activity?

Warm up- daily stretches

Activity- 4 rounds with 2 minutes of rest in between sets.

- 10 squats
- 10 jump squats
- 10 alternating lunges
- 30 jumping jacks
- 30 crunches

Time competed:

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2.(26<sup>th</sup>) QOTD- Why is it important to consume water during, before and after a workout?

Warm up- daily stretches

Activity- 5 rounds with 2 minutes of rest in between sets.

- 17 lunges
- 17 push-ups
- 34 jumping jacks

Time completed:

3. (27<sup>th</sup>) QOTD- How can you encourage others to be active?

Warm up- daily stretches

Activity- walk around your house or outside 5x and track your steps.

How many steps did you walk?

### **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:

1. You will receive a grade for each assignment turned in.

When is it due? Monday, March 30,2020 by 8 A.M.

What assignments will the student submit?

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- 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.