LPHS ATHLETICS- Girls Basketball Outreach Learning
April 20-April 24, 2020

LPHS Girls Basketball **Week of 4/20/20-4/24/20**

Teacher/Team: If there are any questions, please feel free to email me/us at: thompsone@lpisd.org Link to TEAMS Folder Previous Lessons: Link to: (*Resources*).	TEAMS Folder Links: 1stPeriod: 1st Period 8th Period: 8th Period

Objectives

Objective / I Can:
- Participate in a variety of activities that develop health-related physical fitness activities including aerobic exercise to develop cardiovascular efficiency.
- Demonstrate the skill-related components of physical fitness such as agility, balance, coordination, power, reaction time, and speed.
- Develop positive self-management and social skills needed to work independently and with others in team sports.

Activities

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

Go to:
1st Period
8th Period
Look for the assignment:

1. Using the Students are to complete the daily workouts provided in the app. MWF workouts are required, T/TH workouts are optional, but strongly encouraged. *60% Completion Rate for Workouts
2. Students should view Character Lesson activities, then complete the associated questions.

LPHS ATHLETICS- Girls Basketball Outreach Learning
April 20-April 24, 2020

Schedule:	Teacher Support - TEAMS *I will be actively monitoring TEAMS from 8:00 am - 12:00 pm*
Office Hours	*Office Hours:* *1:00-4:00*

To Be Graded

Assignment for students to submit to TEAMS Folder:
1. Students will complete the MWF workouts in the TeamBuildr App. Students should show a completion of 60% for the week. (Completion Grade)
2. Students will complete the Leadership Lesson (Answer Questions)

(*Explain how the assignment will be assessed*)

When is it due? Monday, April 27th

What assignments will the student submit?
1.TeamBuildr MWF Workouts
2. Leadership-Character Video/Questions
3.

How will it be submitted?

Electronically, except by individual arrangement.