

(LPHS) (Football) Outreach Learning
April 14 - 17, 2020

(Football) Week of April 14-17, 2020

Teacher/Team: Anthony Renfro
If there are any questions, please feel
free to email me/us at:
(renfroa@lpisd.org)

Links to classroom TEAMS:

[5th](#)

[8th](#)

Objectives

Objective / I Can:

- I will participate in a variety of activities that develop health related physical fitness activities including aerobic exercise to develop cardiovascular efficiency using the Team Buildr app.

Activities

Student Activities: Each student will answer the question of the week (QOTW) on Friday after completing the following warmup and workouts for the entire week.

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Tuesday - Apr. 14, 2020

Sprint Day



Running Warm-Up
5 min jog Then follow the video



Sprint
8 sets - 20 YARDS



Sprint
3 sets - 40 YARDS



Sprint
2 sets - 60 YARDS

Wednesday - Apr. 15, 2020

Whole Body

• A

Jumping Jacks 2 x 30

• A

Instep and Twist 2 x 10 ea.

• A

Shoulder CAR 2 x 10 ea.

• A

Bent Over T-Spine Rotation 2 x 20

• B

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Cossack Squat 3 x 8 ea.

• B

Single Arm Back Pack Rows 3 x AMAP ea.

• B

Single Leg RDL 3 x 8 ea.

• C

Push Up 3 x AMAP

• C

Curtsy Squat 3 x 8 ea.

• C

Low Plank 3 x 60 secs

• D

Back Pack Swings 3 x 15

• D

Back Pack Military Press 3 x 15

• E

Back Pack Goblet Squat 3 x 15

• E

I/Y/T 3 x 15 - 15 I/ 15 Y/ 15 T

• F

Back Pack Single Arm Clean 3 x 5 ea.

• F

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Back Pack Reverse Fly_{3 x 15 ea.}

- G

Back Pack Goblet Split Squat_{3 x 10 ea.}

- G

Side plank_{3 x 45 secs ea.}

Thursday - Apr. 16, 2020

Conditioning Day

- **Intervals**_{2 sets - 2 sets of 8 minutes. 8 sec sprint. 20 sec walk. 10 min break between sets.}

Friday - Apr. 17, 2020

Lower

- A

Jumping Jacks_{2 x 30}

- A

Fire Hydrant_{2 x 15 ea.}

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- **A**

Instep and Twist 2 x 10 ea.

- Box Landings 4 x 5
- Vertical jump 4 x 1
- Broad Jump 4 x 1
- Single Leg Hops 4 x 5 ea.

- **C**

Back Pack Goblet Squat 3 x 15

- **C**

RDL (Romanian Deadlift) 3 x 15 - USE BACK PACK INSTEAD OF BAR

- **C**

Back Pack Rear Foot Elevated Squat 2 x 10 ea.

- **D**

Back Pack Swings 3 x 15

- **D**

Back Pack Goblet Step Back 3 x 10 ea.

- **E**

Back Pack Over Head Squat 3 x 10

- **E**

Single Leg Hip Thrust 3 x 10 ea.

- **F**

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Back Pack Side Lunge_{3 x 10 ea.}

• F

Lying Leg Raise_{3 x 20 ea.}

Question of the week (QOTW): What is the one step I can take right now to move closer to my goal?

Academic/Instructional Support

Schedule: Football assignments will be uploaded once a week on TEAMS and our Team Buildr app.
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 and through the Team Buildr app.
1. You will receive a grade for each assignment turned in.

When is it due? Monday, April 20, 2020 by 8 A.M.

What assignments will the student submit?

1. The question of the week (QOTW).

Electronically, except by individual arrangement.