

LPISD Physical Education 7th-8th grade
March 25 – 29th

Physical Education

Teacher/Team:

Coach Hollon's PE Classes

If there are any questions, please feel free to email me at:

hollonm@lpisd.org

Link to Teams Folders:

[Coach Hollon's 5th Period PE Class](#)
[Coach Hollon's 3rd Period PE Class](#)
[Coach Hollon's 2nd Period PE Class](#)
[Coach Hollon's 4th Period PE Class](#)

Objectives

Objective / I CAN:

I can maintain a healthy active lifestyle while successfully completing my distance learning by completing a Darebee workout.

Activities

Student Activities:

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

1. Go to the assignments in teams to access the two daily workouts for each week. Once you have completed the workout for the day click "turn in" on the assignment tab in Teams.
2. Submit one Flipgrid video of you doing one of the two workouts each week.

Darebee Workouts: (control click each day)

[Workout Day 1](#)

Video:

Flipgrid: <https://info.flipgrid.com/>

Flip Codes:

Coach Hollon - hollonlxj

Password: Fitness2020

Academic/Instructional Support

LPISD Physical Education 7th-8th grade

March 25 – 29th

Teacher Support:	TEAMS and hollonm@lpisd.org
Schedule:	Students should access the daily workout on Thursday, March 26th. The workout is about an hour.
Office Hours	Office Hours: Wednesday 1-3pm

To Be Graded

Assignment for students to submit to TEAMS Folder:

1. Completion of workouts Day 1.
2. Flipgrid video submitted weekly.
3. You will be assessed on the completion of each workout, and successful upload of a video weekly.

Two Grades will be taken each week.

1. Completion of assigned workouts per week. This week is a short week so the one work out will be the grade for the week. (1 workout=100 pts)
2. One Flipgrid video of a workout per week. (100 pts)

What assignments will the student submit?

1. "Turn in" each workout on TEAMS as you complete it.
2. Create and submit your Flipgrid video weekly.

How will it be submitted?

1. Submit it through teams and the Flipgrid app.