

**LPISD Physical Education 7<sup>th</sup>-8<sup>th</sup> grade**  
**March 25 – 27th**

*Physical Education*

Teacher/Team:

Coach Bartels PE Classes

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

[Bartelsc@lpisd.org](mailto:Bartelsc@lpisd.org)

Link to [TEAMS Folder](#)

[2nd Period](#) PE

[3rd Period](#) PE

[4th Period](#) PE

[5th Period](#) PE

## Objectives

Objective / I CAN:

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

## Activities

Student Activities:

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

1. Go to the assignments in teams to access the daily workout for this 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 the workout this week.

**Darebee Workouts:**

Workout Day 1

**Video:**

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

Flip Codes:

Coach Bartels - bartelslxj

Password: Fitness2020

Flipgrid Tutorial:

<https://help.flipgrid.com/hc/en-us/articles/360007559273-Getting-Started-Students>

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**Academic/Instructional Support**

Teacher Support:	TEAMS and <a href="mailto:bartelsc@lpisd.org">bartelsc@lpisd.org</a>
Schedule:	Students should access the daily workout on Thursday, March 26th. The workout is about an hour.
Office Hours	Office Hours: Wednesday 1-3 PM

**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 both workouts per week. This week is a short week so the one workout 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.