

**LPISD Physical Education 7<sup>th</sup>-8<sup>th</sup> grade**  
**March 30<sup>th</sup> – April 3<sup>rd</sup>**

*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 two daily workouts for each week. The link will take you to that days workout. 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 just a portion of one of the two workouts each week. The video only needs to be 1-2 minutes max.

**Darebee Workouts:** (control click each day)

[Workout Day 2](#)

[Workout Day 3](#)

**Video:**

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

Flip Codes:

Coach Bartels - 923532f6

Password: Fitness2020

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Flipgrid Tutorial:

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

### Academic/Instructional Support

Teacher Support:

TEAMS and [bartelsc@lpisd.org](mailto:bartelsc@lpisd.org)

Schedule:

Students should access the daily workout on Wednesdays and Fridays of each week.

Office Hours

Office Hours: Tuesday 9-11am and Thursday 1-3pm

### To Be Graded

Assignment for students to submit to TEAMS Folder:

1. Completion of workouts Day 2 and Day 3. Make sure to click “turn in”
2. One short Flipgrid video submitted weekly showing you doing one of the exercises.
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. (1 workout =50 pts. 2 workouts = 100 pts)
2. One Flipgrid video of a workout per week. (100 pts)

What assignments will the student submit?

1. Make sure to “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.