La Porte J H- Athletics- Outreach Learning
April 6-10, 2020

Athletics	
Teacher/Team: If there are any questions, please feel free to email me/us at: Link to TEAMS Folder: Resources Teambuildr Program-Strength and Conditioning Program	**Coach Laurie Aubin** Aubinl@lpisd.org Coach Aubin's 1st Period Athletics Coach Aubin's 7th Period Athletics Teambuildr

Objectives

Objective / I Will:

I will: Maintain a healthy active lifestyle while successfully completing my distance learning.

Activities

Student Activities:

1. If you were unable to do this last week, please start by downloading the Teambuildr app and log in.
   Login code - G0IQ-FQTC
   Password - CTWMU18A

Students, please use your LPISD student email, and your name when signing up. Make sure to put LPJ in FRONT of your last name when you register.
Parents, please do not register as well as we have a limited amount of entries.

2. Each workout is designed to be 30 minutes. Athletics is scheduled for 2 hours per week, so in order to receive a 100, athletes will need to complete at least 4 full daily workouts.

Academic/Instructional Support

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Teacher Support:	TEAMS, Remind and email at aubinl@lpsid.org
Schedule:	Students should access the daily workout on Teambuildr. Each workout is only 30 minutes. Workouts are available every day except Sundays.
Office Hours	Office Hours: Tuesday 9-11 Thursday 1-3

To Be Graded

Assignment for students to submit:

1. All workout progress is automatically updated and saved on the Teambuildr app. There is nothing additional needed to submit to TEAMS.

How will students be graded?
There will be two grades per week.

Each work out is 12 exercises per day and should take about around 30 minutes to complete the entire daily workout. Grades will be done on Wednesday and Friday of each week. Here is the grading rubric we will be using.

By Friday at 3:30PM, students must have 48 exercises done in order to receive a 100 for their first grade of the week.
40-47 exercises will earn a 90
32-39 exercises will earn an 80
24-31 exercises will earn a 70
Anything under 24 will earn a 60