

La Porte J H- Physical Education-Outreach Learning
May 18-25, 2020

Physical Education Class

Teacher/Team:

Coach Adam Kellam

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

kellamd@lpsd.org

Link to [TEAMS Folders:](#)

[Coach Kellam's 3rd Period PE Class](#)

[Coach Kellam's 4th Period PE Class](#)

[Coach Kellam's 5th Period PE Class](#)

[Coach Kellam's 6th Period PE Class](#)

[Resources:](#)

[Darebee Workouts-30 Days of Change](#)

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 your class period TEAMS folder and 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 day's workout. Once you have completed the workout for the day click "turn in" on the assignment tab in Teams.

Darebee Workouts: (control click each day)

[Darebee Workout Day 16](#)

[Darebee Workout Day 17](#)

Academic/Instructional Support

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Teacher Support:	TEAMS and kellamd@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 16 and Day 17. Make sure to click "turn in"
2. You will be assessed on the completion of each workout.

One Grades will be taken this week.

1. Completion of assigned workouts per week.

What assignments will the student submit?

1. Make sure to "Turn in" each workout on TEAMS as you complete it.

How will it be submitted?

1. Teams