

LPISD Athletics 7 th -8 th Grade
March 30 – April 03, 2020

Athletics

Teacher/Team:

Coach Kellam’s Athletics Class (1st and 7th period)

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

Kellamd@lpisd.org

Links to TEAMS Folders

[Coach Kellam’s 1st Period 7th Grade Athletics](#)

[Coach Kellam’s 7th Period 8th Grade Athletics](#)

Objectives

Objective / I CAN:

I will: Maintain a healthy active lifestyle while successfully completing my distance learning. by completing a daily Teambuildr workouts.

Activities

Student Activities:

1. Download 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.

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

Flip Codes:

Coach Kellam - bullpupathletics

Academic/Instructional Support

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Teacher Support:	TEAMS, Flipgrid, kellamd@lpisd.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: Wednesday 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.
2. FlipGrid submitted video. Answering the topic questions and videoing the weekly challenge.

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 Wednesday at 3:30PM for their first grade of the week, students must have:
 - o 24 exercises done in order to receive a 100
 - o 20-23 exercises will earn a 90
 - o 16-19 exercises will earn an 80
 - o 12-15 exercises will earn a 70
 - o Anything under 12 will earn a 6
- By Friday at 3:30PM, students must have the following total of:
 - o 48 exercises done in order to receive a 100
 - o 40-47 exercises will earn a 90
 - o 32-39 exercises will earn an 80
 - o 24-31 exercises will earn a 70
 - o Anything under 24 will earn a 60

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