

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

*Physical Education*

Teacher/Team:

Coach Aubin's PE Classes

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

aubinl@lpisd.org

Link to Teams Folders:

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

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

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

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

## 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 [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)

[Darebee Workout Day 2](#)

[Darebee Workout Day 3](#)

**Video:**

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

Flip Codes:

Coach Aubin - aubin4537

## LPISD Physical Education 7<sup>th</sup>-8<sup>th</sup> grade

March 30 – April 3rd

### Academic/Instructional Support

Teacher Support:

TEAMS and [aubinl@lpisd.org](mailto:aubinl@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.