

La Porte J H- Physical Education-Outreach Learning
May 4-7, 2020

Physical Education Class

Teacher/Team:

Coach Laurie Aubin

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](#)

Resources:

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

[Flipgrid](#)

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 12](#)

[Darebee Workout Day 13](#)

Academic/Instructional Support

La Porte J H- Physical Education-Outreach Learning

May 4-7, 2020

Teacher Support:	TEAMS and 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: <ol style="list-style-type: none">1. Completion of workouts Day 12 and Day 13. Make sure to click "turn in"2. You will be assessed on the completion of each workout.	
One Grades will be taken this week. <ol style="list-style-type: none">1. Completion of assigned workouts per week. (1 workout =50 pts. 2 workouts = 100 pts)	
What assignments will the student submit? <ol style="list-style-type: none">1. Make sure to "Turn in" each workout on TEAMS as you complete it.	
How will it be submitted? <ol style="list-style-type: none">1. Teams	