

**La Porte J H- Physical Education-Outreach Learning**  
**April 20-23, 2020**

*Physical Education Class*

Teacher/Team:

**Coach Laurie Aubin**

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

[Aubinl@lpisd.org](mailto:Aubinl@lpisd.org)

Link to [TEAMS Folders](#):

[Coach Aubin's 3<sup>rd</sup> Period PE Class](#)

[Coach Aubin's 4<sup>th</sup> Period PE Class](#)

[Coach Aubin's 5<sup>th</sup> Period PE Class](#)

[Coach Aubin's 6<sup>th</sup> 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 8 - 4/15](#)

[Darebee Workout Day 9 - 4/17](#)

## Academic/Instructional Support

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Teacher Support:	TEAMS and <a href="mailto:aubinl@lpisd.org">aubinl@lpisd.org</a>
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
<b>To Be Graded</b>	
Assignment for students to submit to TEAMS Folder: <ol style="list-style-type: none"><li>1. Completion of workouts Day 8 and Day 9. Make sure to click “turn in”</li><li>2. You will be assessed on the completion of each workout.</li></ol>	
One Grades will be taken this week. <ol style="list-style-type: none"><li>1. Completion of assigned workouts per week. (1 workout =50 pts. 2 workouts = 100 pts)</li></ol>	
What assignments will the student submit? <ol style="list-style-type: none"><li>1. Make sure to “Turn in” each workout on TEAMS as you complete it.</li></ol>	
How will it be submitted? <ol style="list-style-type: none"><li>1. Teams</li></ol>	