



Secondary School@Home Lessons

School Name	Stephenville High School
Grade Level/ Subject	9-12th-Cardio
Week of	May 4-8
Virtual Office Hours	6:00-8:00pm via google classroom, remind or email danna.green@s ville.us

	Monday	Tuesday	Wednesday	Thursday	Friday
Student Expectation :	<p>1(A) exhibit a level of competency in two or more aerobic activities that may include aerobic dance, aqua aerobics, cycling, jogging, power walking, recreational dance, and step aerobics; and</p> <p>(B) consistently perform skills, strategies, and rules at a basic level of competency.</p> <p>2 (A) use internal and external information to modify movement during performance;</p> <p>(B) describe appropriate practices and procedures to improve skill and strategy in an activity;</p> <p>(C) develop an appropriate conditioning program for the selected activity;</p>	SAME-M-F			
Work to Turn In and Where	<p>Option #1-Use an app on your phone to record the one mile run. Needs to show the distance and the time-take a picture and send to me via google classroom.</p> <p>Option #2-Take a picture of yourself BEFORE and AFTER you run the mile. Send me your time and picture via google classroom.</p> <p>Option #3-Have your parent record your time running the mile and THEY email me as a witness to you running</p> <p>You may run at the HS track, parks, around your house, etc... Have your parents measure the distance in their car for accuracy. Must practice social distancing!!!</p>				



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***For those without reliable internet access, a paper-version of work is available in the front of the school, organized by subject and grade level. Our Foyer is open from 7am - 7pm on Monday and Friday, 8:30am - 3:30pm on Tuesday through Thursday. Work is made available in 2-week increments and can be turned in using our homework turn-in box in the foyer or you can take a picture and email it directly to your teacher.