



Secondary School@Home Lessons

School Name	Henderson Jr High
Grade Level/ Subject	7 PE
Week of	3/30 - 4/3
Virtual Office Hours	Coach Moore 10:00 am-12:00pm M-F. Coach Green-6:00-8:00pm M-F

Student Expectation:	<p>TEK 116.23. Boys PE 4th Period: B(4) F identify and apply basic weight training principles and safety practices such as appropriate goals, appropriate weight and repetitions, body alignment, principle of frequency, intensity, and time, and importance of balance in muscle pairs;</p> <p>Girls PE-TEKS: 116.23 (3A, B, C) Physical activity and health</p>	<p>Boys PE 4th Period: Follow workout video and upload a picture or video of yourself working out.</p> <p>Monday-Friday</p>
Work to Turn In and Where	<p>Boys PE 4th Period: Turn in online assignments through Google Classroom by 11.59 pm on Sunday.</p> <p>Girls PE-5th Period Google classroom-watch video to see how the game of ladder golf/bolongo ball is played, review the notes and then complete the google form quiz</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.