**Foundations Of Physical Education**

**Unit 1.P.E.**

**Lesson 1.1 ,Lesson 1.2, Lesson 1.3**

**Online Learning**

**Objective:** The objective of this lesson if for students to understand what Physical Education truly is. Students will learn how to set goals, how to stretch and warm-up as well as complete a workout tracking sheet

**Materials:** Laptop computer.

Students will need to be able to login to the HISD Student Hub. All of our learning will be online and will consist of computer based assignments.

Students will need access to Digital Resources in their HUB Portal. The program we will be utilizing is APEX Learning. At this point every student should be uploaded into classes on APEX, If you find there is an issue with login in please contact your teacher.

**Quick instructions:**

STUDENT HUB- Digital Resources-APEX LEARNING- The find the class you are enrolled in.

A screenshot of a social media post

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