

Southeast Delco School District
Continuity of Education and Planned Instruction
May 11th – May 15th

Special: Physical Education
Teacher: Chris Long, Dave Shell, Bob Chambers, Erin Carboni, Fran Manton, Greg Corwell, John DiFabrizio
Grade: 8th
Resources: Any question regarding any activity email your Physical Education teacher.
<p>Project: Daily Warm Up: Jog in place 30 seconds, 10 jumping jacks, standing toe touches 10 seconds, repeat 3 times.</p> <p>Make sure you have water!</p> <p>Monday: Warm up <i>15 repetitions for each activity</i> Jump Squat Lunges Wall Sit High Knees in place Invisible jump rope – 30 seconds Completed round 1 – add check mark to activity log 1-2 minute break Repeat 5 times</p> <p>Tuesday: Warm up <i>15 repetitions for each activity</i> Push ups/Modified Push up/Wall Push up Large Arm Circles Forward Large Arm Circles Backwards Sit ups/Crunches Tricep Dip – Using a step at home Completed round 1 – add check mark to activity log 1-2 minute break Repeat 5 times</p>

Wednesday:

Choose your own activity

Challenge yourself to 30 minutes of activity

Go with a parent/guardian and practice social distancing

- Walking
- Jogging
- Bike riding
- Having a catch
- Shooting basketball
- Soccer
- Other – get creative!

Thursday**Warm up**

15 repetitions for each activity

Jump Squat

Lunges

Wall Sit

High Knees in place

Invisible jump rope – 30 seconds

Completed round 1 – add check mark to activity log

1-2 minute break

Repeat 5 times

Friday**Warm Up**

15 repetitions for each activity

Push ups/Modified Push up/Wall Push up

Large Arm Circles Forward

Large Arm Circles Backwards

Sit ups/Crunches

Tricep Dip – Using a step at home

Completed round 1 – add check mark to activity log

1-2 minute break

Repeat 5 times