

Student Name: _____

Grade: _____

School: _____

Southeast Delco School District
Continuity of Education and Planned Instruction
Week of: May 11th- May 18th

Special: Physical Education

Teachers: Erin Carboni (Darby Township): ecarboni@sedelco.org
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Grade: 4

Resources:

- Making Dice Youtube Video
- Dice Grid and Math Charts (see below)

Academic Assignment: **Fitness Dice**

Borrow two dice from a board game you have in the house or make some dice with paper. Another alternative would be to write numbers on pieces of paper, ball them up and put in a cup and dump out and choose two papers with numbers as well. Roll the dice and do the activity that matches the numbers rolled on the dice by connecting the number from dice one and the number from dice 2. Example: (Dice 1- rolls (2), Dice 2- rolls (4) so you would do 15 Jumping jacks). Work on a math problem before completing your exercise. Play 5 rounds a day on 3 different days to complete the game. You may play more rounds if you want. Good luck, do your best and have fun with it.

- **Be sure your name, school, and grade are written at the top of the packet before turning into your home-school for credit. Please drop off completed packets during lunch distribution on Monday, Wednesdays, and Fridays from 11-1.**

How to make paper dice below:

<https://www.youtube.com/watch?v=V7yaAMeAwys&t=334s>

<https://www.youtube.com/watch?v=vUws412hdjo>

Dice #2 →	1	2	3	4	5	6
Dice #1 ↓						
1	10 Push ups	10 Sit ups	10 Jumping Jacks	10 Line Jumps	10 Squats	30 Second Plank
2	15 Step ups	15 Push ups	15 Sit ups	15 Jumping Jacks	15 Line Jumps	15 Burpees
3	30 Second Plank	20 Push Ups	20 Sit ups	20 Jumping Jacks	20 Line Jumps	20 Squats
4	10 Push ups	10 Sit ups	10 Jumping Jacks	10 Line Jumps	10 Squats	30 Second Plank
5	15 Step ups	15 Push ups	15 Sit ups	15 Jumping Jacks	15 Line Jumps	15 Burpees
6	30 Second Plank	20 Push Ups	20 Sit ups	20 Jumping Jacks	20 Line Jumps	20 Squats

(+, -, /, x) choose one Dice#1 Dice #2	Answer	Activity done for matching numbers	Total number of activity completed
6 + 6	12	20 squats	20

(+, -, /, x) choose one Dice#1 Dice #2	Answer	Activity done for matching numbers	Total number of activity completed
4 X 2	8	10 Sit ups	10

(+, -, /, x) choose one Dice#1 Dice #2	Answer	Activity done for matching numbers	Total number of activity completed
3 - 1	2	30 second plank	30