

Southeast Delco School District
Continuity of Education and Planned Instruction
May 4-8, 2020

Elective: Wellness/Fitness, Fit for Life, Adapted PE, PE Major
Teachers: Mr. Cubbage acubbage@sedelco.org Mrs. McCauley kmccauley@sedelco.org Ms. D'Annibale cdannibale@sedelco.org
Grades: 9 – 12
Resources: Fitness Log Attached, Music is optional to use for motivation or relaxation
<p>Project: Complete attached fitness log for the week of May 4-8 (week 1). Email the completed fitness log to Mrs. McCauley on Friday May 8. Students may complete the digital log, print a hard copy and take a picture (if students pick up a hard copy students should take a picture and email), or copy and paste the log into the body of an email.</p> <p>The fitness log will be posted in Power School by each teacher.</p> <p>Note: Try to add a least a minute a day of mindfulness. Practice breathing slowly in and out of your nose for one minute and focus on relaxing. Add soothing or slow music if desired.</p>



PE Activity Log



Due Date: MAY 8, 2020

APHS PE class assignments for week
May 4-8, 2020

Name: _____

Grade: _____ Block: _____ Day _____

<p style="text-align: center;">Week <u>1</u> <i>Date: <u>May 4-8, 2020</u></i></p> <p><u>Monday</u>: 20 Push-ups & 25 Curl-ups: ____</p> <p><u>Tuesday</u>: Choice activity: # ____</p> <p><u>Wed</u>: 20 Push-ups & 25 Curl-ups: ____</p> <p><u>Thursday</u>: Choice activity: # ____</p> <p><u>Friday</u>: 20 Push-ups & 25 Curl-ups: ____</p> <p>Parent Signature: _____</p>	<p style="text-align: center;">Week <u>2</u> <i>Date: <u>May 11-15, 2020</u></i></p> <p><u>Monday</u>: 20 Push-ups & 25 Curl-ups: ____</p> <p><u>Tuesday</u>: Choice activity: # ____</p> <p><u>Wed</u>: 20 Push-ups & 25 Curl-ups: ____</p> <p><u>Thursday</u>: Choice activity: # ____</p> <p><u>Friday</u>: 20 Push-ups & 25 Curl-ups: ____</p> <p>Parent Signature: _____</p>
<p style="text-align: center;">Week <u>3</u> <i>Date: <u>May 18-22, 2020</u></i></p> <p><u>Monday</u>: 20 Push-ups & 25 Curl-ups: ____</p> <p><u>Tuesday</u>: Choice activity: # ____</p> <p><u>Wed</u>: 20 Push-ups & 25 Curl-ups: ____</p> <p><u>Thursday</u>: Choice activity: # ____</p> <p><u>Friday</u>: 20 Push-ups & 25 Curl-ups: ____</p> <p>Parent Signature: _____</p>	<p style="text-align: center;">Week <u>4</u> <i>Date: <u>May 25-29, 2020</u></i></p> <p><u>Monday</u>: 20 Push-ups & 25 Curl-ups: ____</p> <p><u>Tuesday</u>: Choice activity: # ____</p> <p><u>Wed</u>: 20 Push-ups & 25 Curl-ups: ____</p> <p><u>Thursday</u>: Choice activity: # ____</p> <p><u>Friday</u>: 20 Push-ups & 25 Curl-ups: ____</p> <p>Parent Signature: _____</p>

Choice Activities (30 minute minimum) Students who have 1 PE class, will exercise every other day. Students who have 2 PE classes, will exercise every day.

#1: Walking **#2:** Jogging **#3:** Biking **#4:** In-line skating/rollerblading

#5: Skateboarding **#6:** Yoga

#7: Other sport activities or at home workouts

#8: OTHER Please write the specific activity: _____

