

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 <a href="mailto:acubbage@sedelco.org">acubbage@sedelco.org</a> Mrs. McCauley <a href="mailto:kmccauley@sedelco.org">kmccauley@sedelco.org</a> Ms. D'Annibale <a href="mailto:cdannibale@sedelco.org">cdannibale@sedelco.org</a>
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 Mr. Cubbage, Ms. D'Annibale or 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;"><b>Week <u>1</u></b> <i>Date: <u>May 4-8, 2020</u></i></p> <p><b>Monday:</b> 20 Push-ups &amp; 25 Curl-ups: ____</p> <p><b>Tuesday:</b> Choice activity: # ____</p> <p><b>Wed:</b> 20 Push-ups &amp; 25 Curl-ups: ____</p> <p><b>Thursday:</b> Choice activity: # ____</p> <p><b>Friday:</b> 20 Push-ups &amp; 25 Curl-ups: ____</p> <p><b>Parent Signature:</b> _____</p>	<p style="text-align: center;"><b>Week <u>2</u></b> <i>Date: <u>May 11-15, 2020</u></i></p> <p><b>Monday:</b> 20 Push-ups &amp; 25 Curl-ups: ____</p> <p><b>Tuesday:</b> Choice activity: # ____</p> <p><b>Wed:</b> 20 Push-ups &amp; 25 Curl-ups: ____</p> <p><b>Thursday:</b> Choice activity: # ____</p> <p><b>Friday:</b> 20 Push-ups &amp; 25 Curl-ups: ____</p> <p><b>Parent Signature:</b> _____</p>
<p style="text-align: center;"><b>Week <u>3</u></b> <i>Date: <u>May 18-22, 2020</u></i></p> <p><b>Monday:</b> 20 Push-ups &amp; 25 Curl-ups: ____</p> <p><b>Tuesday:</b> Choice activity: # ____</p> <p><b>Wed:</b> 20 Push-ups &amp; 25 Curl-ups: ____</p> <p><b>Thursday:</b> Choice activity: # ____</p> <p><b>Friday:</b> 20 Push-ups &amp; 25 Curl-ups: ____</p> <p><b>Parent Signature:</b> _____</p>	<p style="text-align: center;"><b>Week <u>4</u></b> <i>Date: <u>May 25-29, 2020</u></i></p> <p><b>Monday:</b> 20 Push-ups &amp; 25 Curl-ups: ____</p> <p><b>Tuesday:</b> Choice activity: # ____</p> <p><b>Wed:</b> 20 Push-ups &amp; 25 Curl-ups: ____</p> <p><b>Thursday:</b> Choice activity: # ____</p> <p><b>Friday:</b> 20 Push-ups &amp; 25 Curl-ups: ____</p> <p><b>Parent Signature:</b> _____</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: \_\_\_\_\_