

Southeast Delco School District

Continuity of Education and Planned Instruction

June 1st – June 5th

Special: Physical Education

Teacher: Chris Long, Dave Shell, Bob Chambers, Erin Carboni, Fran Manton, Greg Corwell,
John DiFabrizio

Grade: 7th

Resources: Any question regarding any activity email your Physical Education teacher.

Project:

Daily Warm Up: Jog in place 30 seconds, 10 jumping jacks, standing toe touches 10 seconds, repeat 3 times.

Make sure you have water!

Monday:

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

Tuesday:

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

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****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