

Student Name: \_\_\_\_\_

Grade: \_\_\_\_\_

School: \_\_\_\_\_

Southeast Delco School District  
Continuity of Education and Planned Instruction  
Week of: June 1<sup>st</sup> - June 5<sup>th</sup>

**Special:** Physical Education

**Teachers:** Erin Carboni (Darby Township): [ecarboni@sedelco.org](mailto:ecarboni@sedelco.org)  
John DiFrabrizio (Darby Township): [jdifabrizio@sedelco.org](mailto:jdifabrizio@sedelco.org)  
Greg Corwell (Delcroft): [gcorwell@sedelco.org](mailto:gcorwell@sedelco.org)  
Bob Chambers (Sharon Hill): [rchambers@sedelco.org](mailto:rchambers@sedelco.org)  
Chris Long (Sharon Hill/Delcroft): [clong@sedelco.org](mailto:clong@sedelco.org)  
Dave Shell (Harris): [dshell@sedelco.org](mailto:dshell@sedelco.org)  
Francesca Manton (Harris): [fmanton@sedelco.org](mailto:fmanton@sedelco.org)

**Grade: 4**

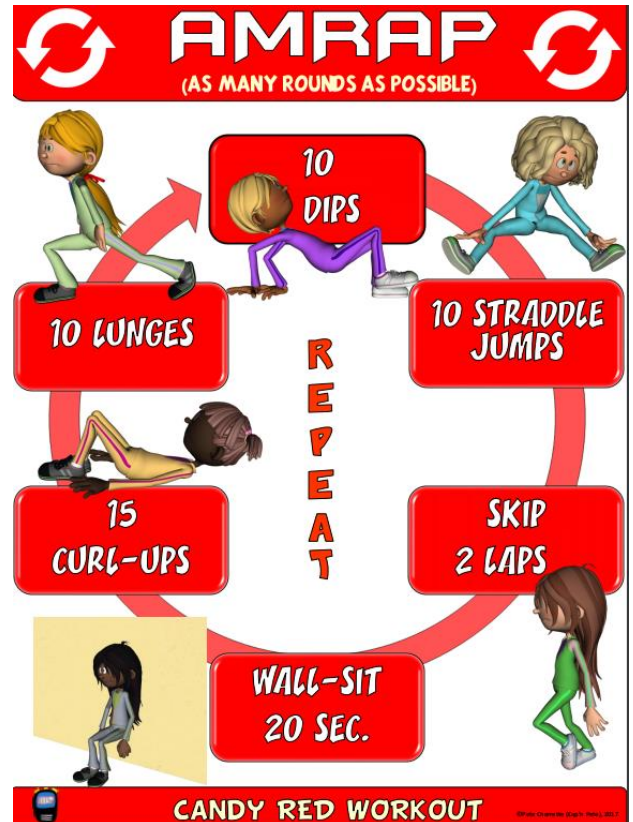
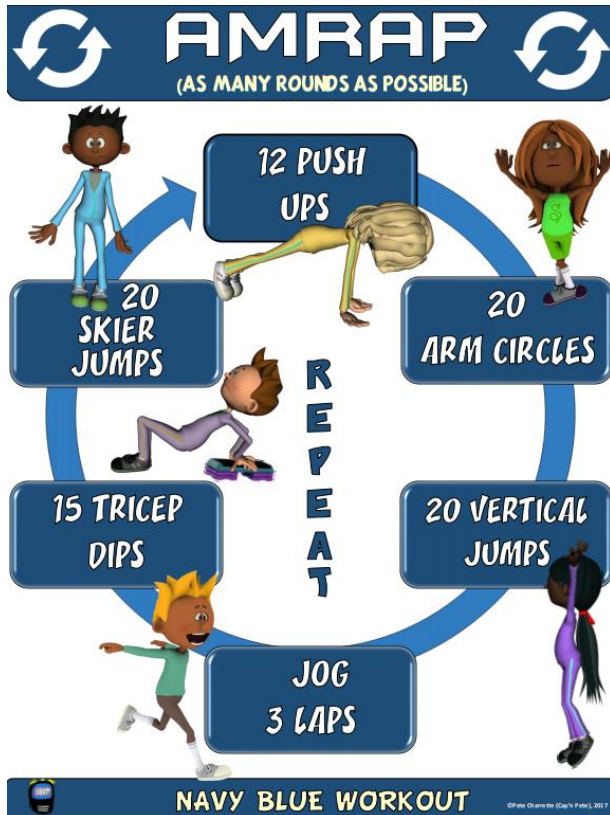
**Resources:**

- AMRAP Workout Sheets (Navy Blue, Candy Red)
- Timer (cell phone, clock, etc)
- Pencil

**Academic Activity:**

- Students will complete both AMRAP (As Many Rounds As Possible Workouts).
- **Challenge:** See how many rounds of the workout circuit you can complete or see if you can complete the circuits each day of the week (Monday-Friday).
  - Try adding more repetitions of the exercises if you can.
- Complete the exit ticket questions once you are finished.
- 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 packets during lunch distribution on Mondays, Wednesdays and Fridays from 11-1. **\*\*Work may also be turned in via email- take a picture and email it to your P.E. teacher\*\***

**Directions:** Follow the exercises on the exercise circuit and complete them in the order displayed by the arrows. An AMRAP workout means to complete the circuit as many rounds as possible (see how many times you can complete the circuit). Be sure to complete the exit ticket once you are finished.



# Exit Ticket

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

School: \_\_\_\_\_

1. Which AMRAP workout did you find to be the most difficult? Circle your answer.

Blue

Red

2. Which AMRAP workout did you find to be the easiest to complete? Circle your answer.

Blue

Red

3. How many times did you complete each circuit?

Number of Blue Workout Completions: \_\_\_\_\_

Number of Red Workout Completions: \_\_\_\_\_