



# WEATHERFORD INDEPENDENT SCHOOL DISTRICT

## Office of Academics

### Pre-K - 5th - Week of 5/4-5/8

Academic learning at-home resources have been created to provide opportunities for students to engage in meaningful learning experience during the school closure. Below you will find a list of activities that your child can complete both independently and with your support.

***If you have any questions, please contact your teacher.***

PE



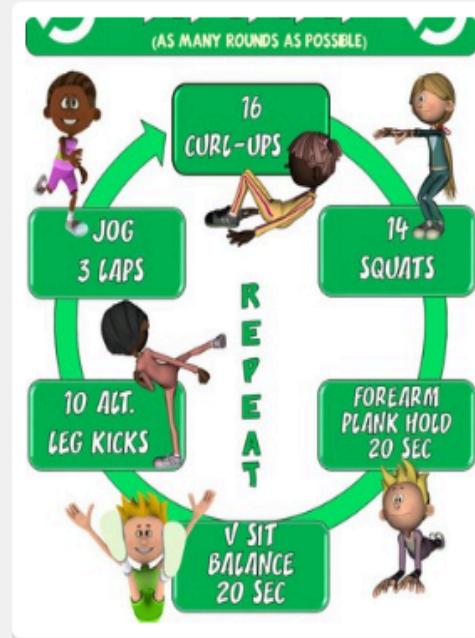
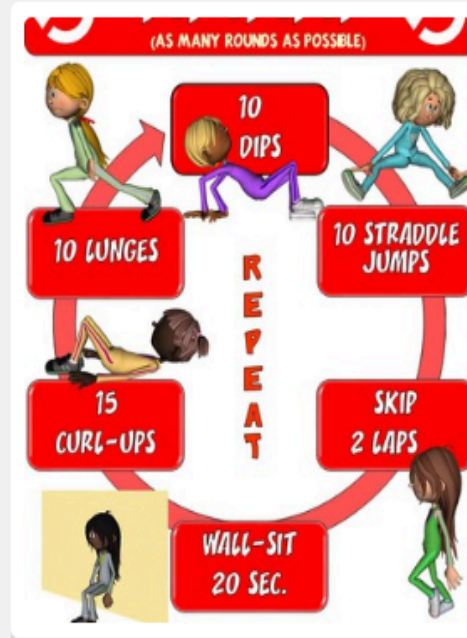
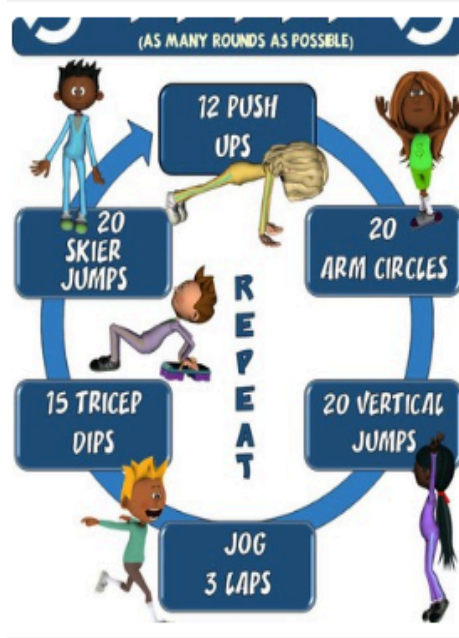
## AMRAP Challenge

- This week, we challenge you to complete one or both of these AMRAP workouts! AMRAP stands for As Many Rounds As Possible, which means you should try to do these circuits as many times as possible for a set amount of time. For example, see how many times you can complete the circuit within eight minutes! You don't need any equipment and you can do this with or without a partner. Happy exercising!



# WEATHERFORD INDEPENDENT SCHOOL DISTRICT

Office of Academics





WEATHERFORD INDEPENDENT SCHOOL DISTRICT  
Office of Academics





# **WEATHERFORD INDEPENDENT SCHOOL DISTRICT**

Office of Academics

--	--