

name: _____ date: _____

Directions: You can select whichever activity choices to complete throughout the week. The amount of points at the week should add up to ten points. The activities must be done correctly in order to receive the points.

POINTS	CHOICE A	CHOICE B	CHOICE C
ONE POINT	Walk laps of the school	Lawn bowling	Play Simon Says with a friend
TWO POINTS	Design and complete your own obstacle course with chalk	Kinect	Play Fitness Tic Tac Toe with a friend
THREE POINTS	Activity Dice	Choose a Cosmic Yoga video to complete on YouTube	Play the exercise board game with a friend