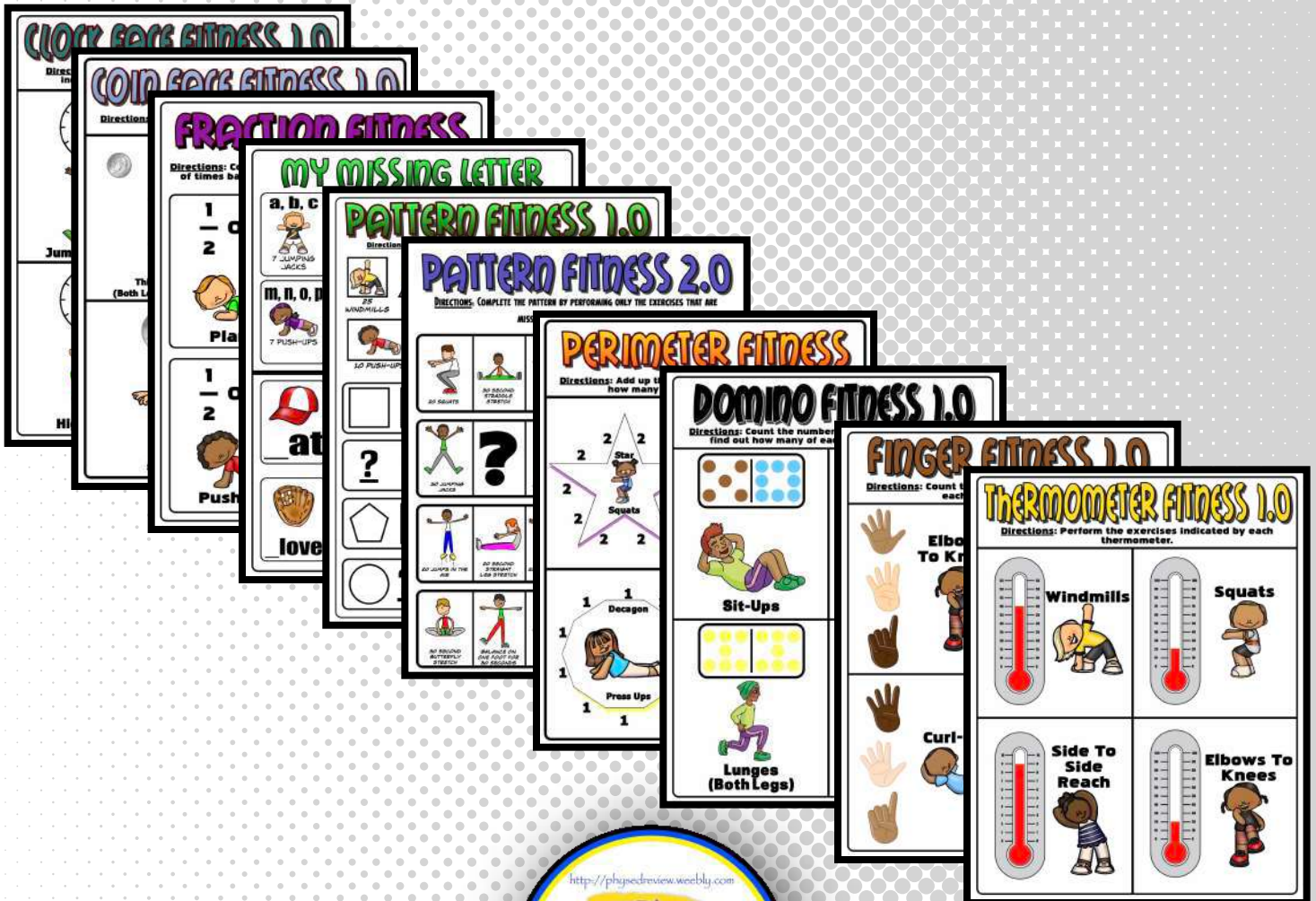


# 10 AT HOME LEARNING & MOVEMENT ACTIVITIES



Created by Kevin Tiller

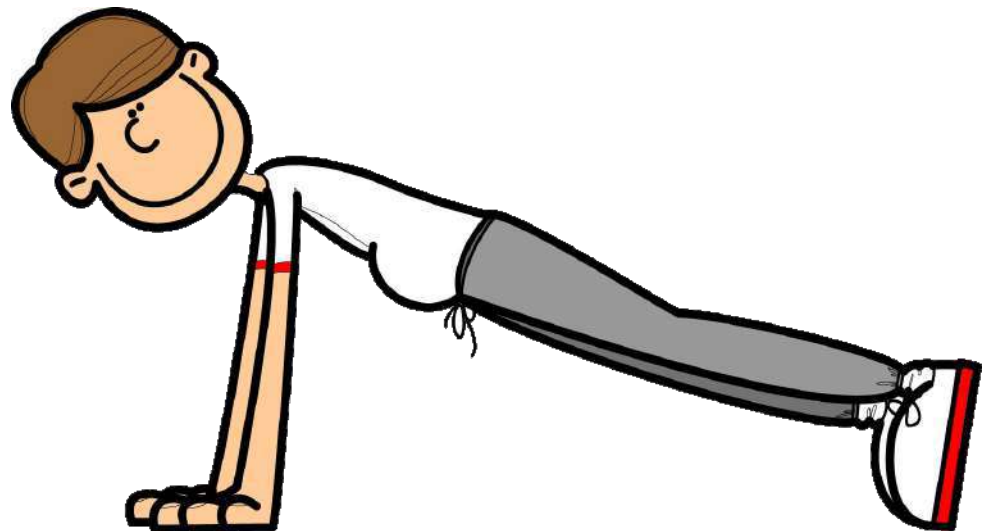
<https://physedreview.weebly.com>

# 10 AT HOME LEARNING & MOVEMENT ACTIVITIES



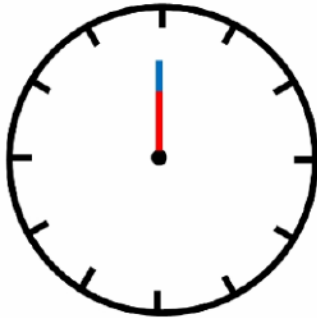
**Enclosed you will find 10 different at home learning & movement activities. Please feel free to use with your students and share with as many as you'd like.**

**Kevin Tiller  
(Phys.Ed.Review)**

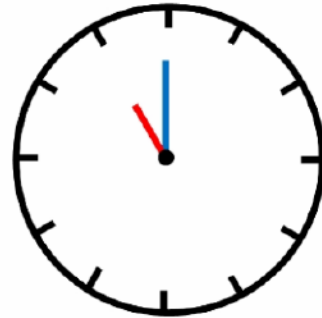


# CLOCK FACE FITNESS 1.0

**Directions:** Read the clock and perform the exercises indicated by the hour hand (red hand of clock).



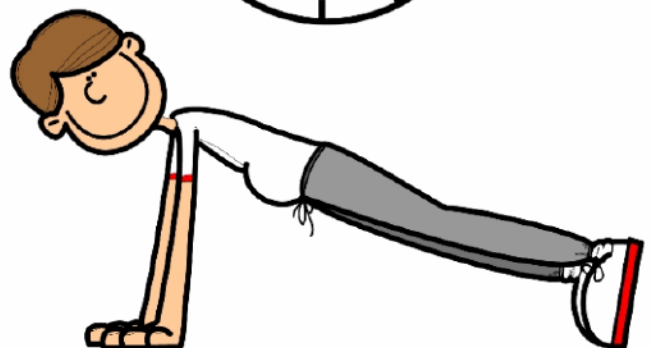
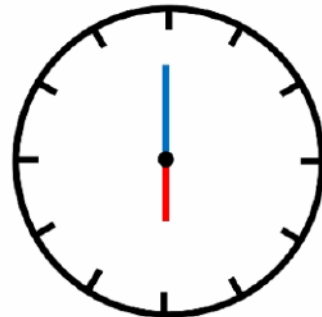
**Jumping Jacks**



**Butterfly Stretch**



**High Knees**

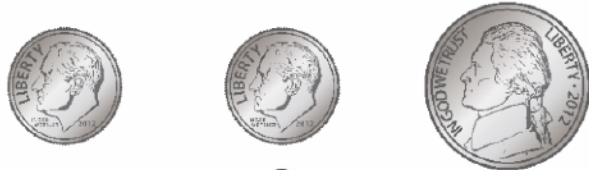


**Push-Ups**



# COIN FACE FITNESS 1.0

**Directions:** Add up the coins to find out how many of each exercise to perform.



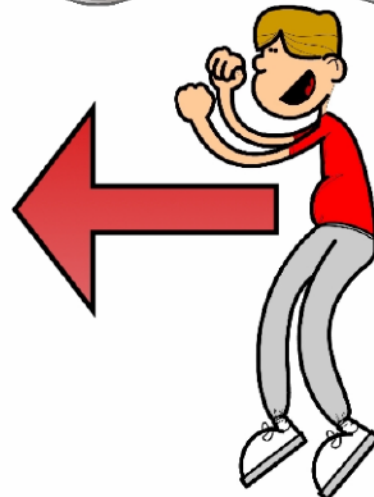
**Thigh Stretch  
(Both Legs In Seconds)**



**Sit-ups**



**Squats**



**Jumps Forward**



# FRACTION FITNESS

**Directions:** Complete each exercise the indicated number of times based on the fraction of each number given.

$\frac{1}{2}$  Of 40  
2



**Planks**

$\frac{1}{2}$  Of 50  
2



**Windmills**

$\frac{1}{2}$  Of 20  
2



**Push-Ups**

$\frac{1}{2}$  Of 40  
2



**Thigh Stretch**  
Both Legs!

# MY MISSING LETTER

**a, b, c**



7 JUMPING JACKS

**d, e, f**



7 SQUATS

**g, h, i**



JOG 3 LAPS

**j, k, l**



25 WINDMILLS

**m, n, o, p**



7 PUSH-UPS

**q, r, s**



25 LEG LIFTS  
EACH LEG

**t, u, v**



20 SECOND  
STRETCH BOTH  
LEGS

**w, x, y, z**



30 SECOND  
PLANK



**\_at**



**b\_\_ll**



**hoo\_\_**



**\_\_all**



**\_\_love**



**b\_\_tter**



**whist\_\_e**



**drib\_\_le**

# PATTERN FITNESS 1.0

**Directions:** Complete the pattern by performing the exercise that is missing in each row and labeled with the "?".



25  
WINDMILLS



JOG  
2 LAPS



30 SECOND  
STRETCH



25 JUMPING  
JACKS



15 SQUATS



15 SECOND  
LEG STRETCH



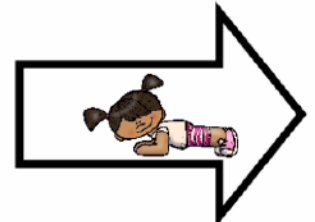
10 PUSH-UPS



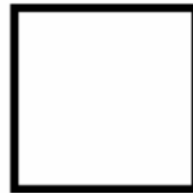
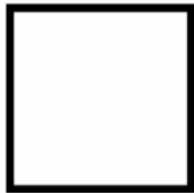
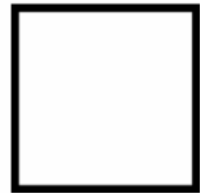
15 SECOND  
LEG STRETCH



10 SIT-UPS

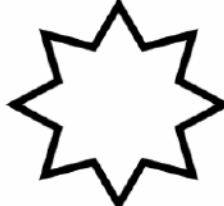
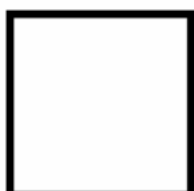
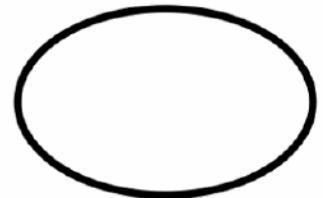
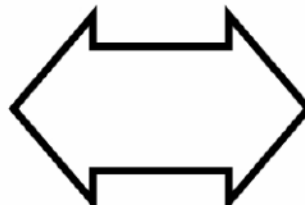
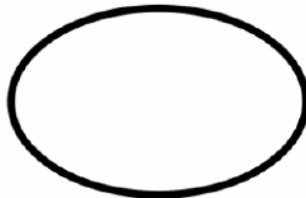


30 SECOND  
PLANK

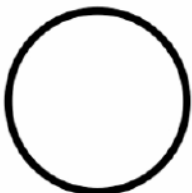
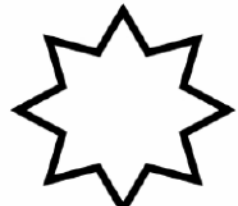


?

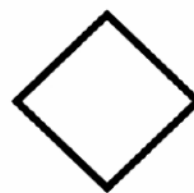
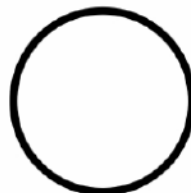
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?



























?





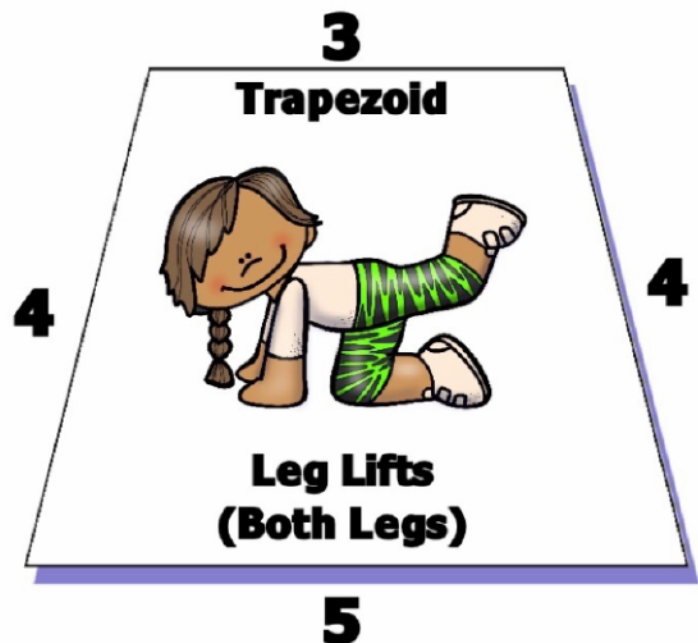
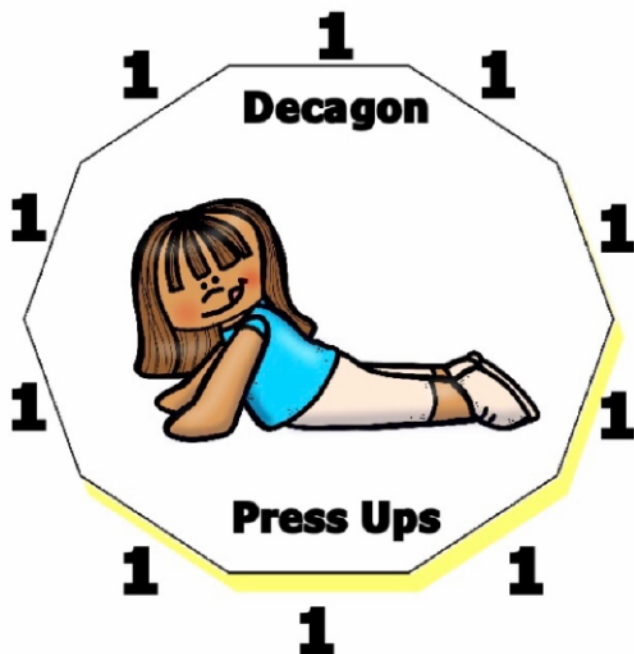
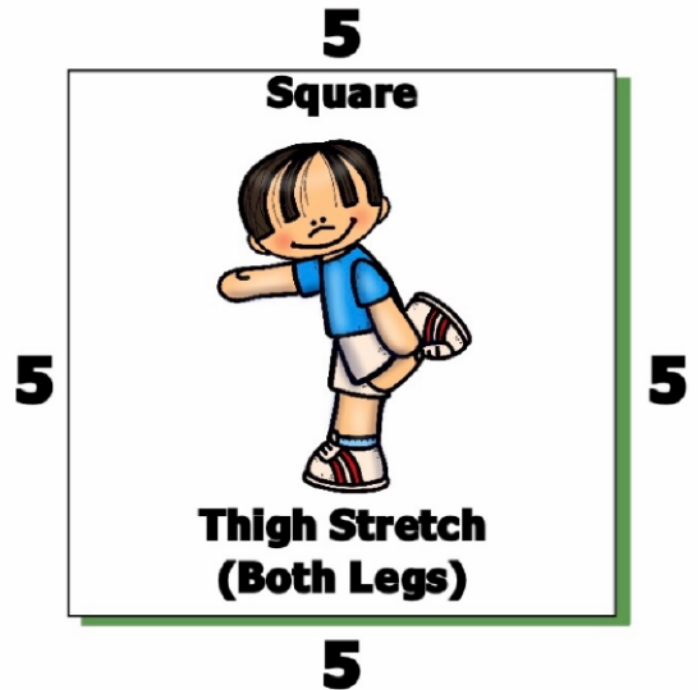
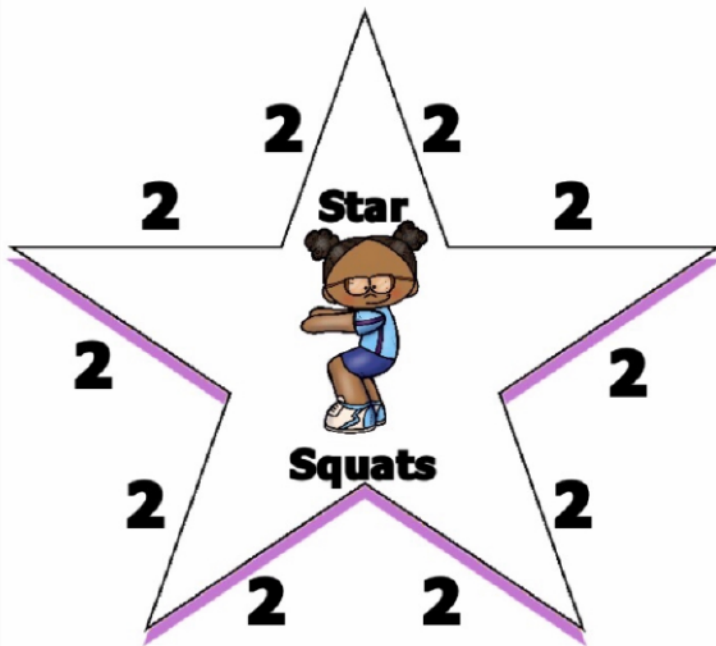
# PATTERN FITNESS 2.0

**DIRECTIONS: COMPLETE THE PATTERN BY PERFORMING ONLY THE EXERCISES THAT ARE MISSING AND MARKED WITH A "?".**

 <b>20 SQUATS</b>	 <b>30 SECOND STRADDLE STRETCH</b>	 <b>20 SQUATS</b>		 <b>20 SQUATS</b>	 <b>30 SECOND STRADDLE STRETCH</b>
 <b>30 JUMPING JACKS</b>		 <b>30 JUMPING JACKS</b>	 <b>20 MOUNTAIN CLIMBERS</b>	 <b>30 JUMPING JACKS</b>	 <b>20 MOUNTAIN CLIMBERS</b>
 <b>20 JUMPS IN THE AIR</b>	 <b>20 SECOND STRAIGHT LEG STRETCH</b>	 <b>20 JUMPS IN THE AIR</b>		 <b>20 JUMPS IN THE AIR</b>	 <b>20 SECOND STRAIGHT LEG STRETCH</b>
 <b>30 SECOND BUTTERFLY STRETCH</b>	 <b>BALANCE ON ONE FOOT FOR 30 SECONDS</b>	 <b>30 SECOND BUTTERFLY STRETCH</b>	 <b>BALANCE ON ONE FOOT FOR 30 SECONDS</b>	 <b>30 SECOND BUTTERFLY STRETCH</b>	

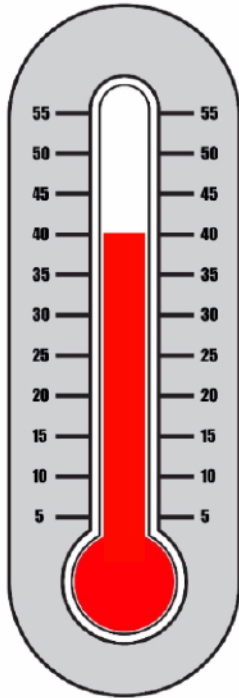
# PERIMETER FITNESS

**Directions:** Add up the perimeter of each shape to find out how many of each exercise to perform.

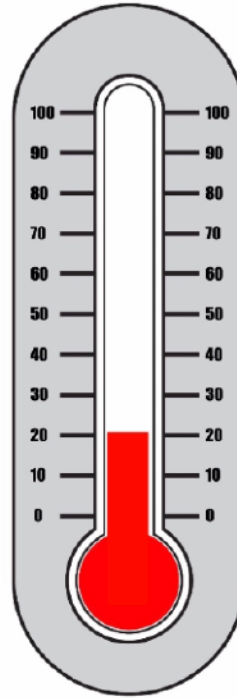


# THERMOMETER FITNESS 1.0

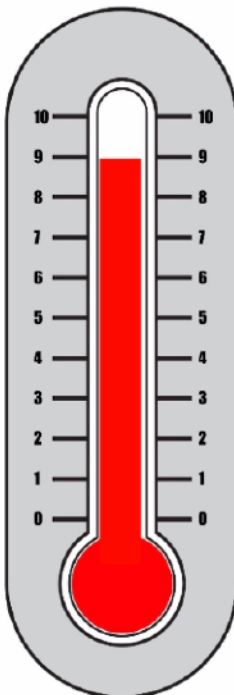
**Directions:** Perform the exercises indicated by each thermometer.



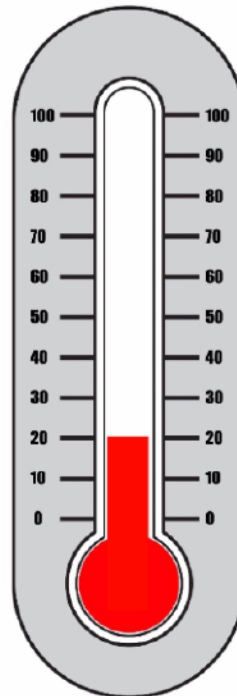
**Windmills**



**Squats**



**Side To Side Reach**



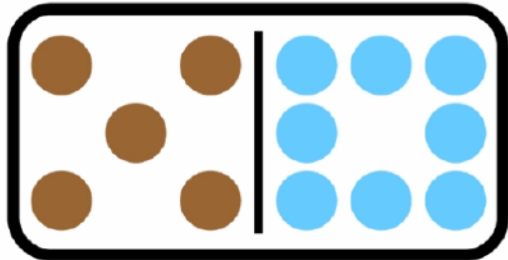
**Elbows To Knees**



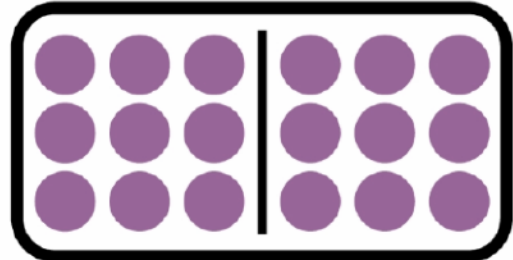


# DOMINO FITNESS 1.0

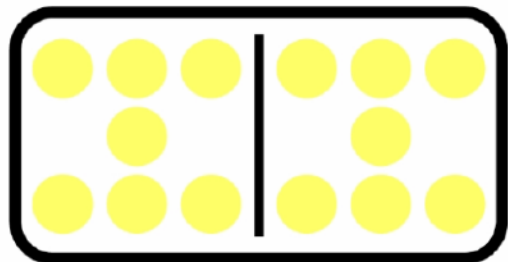
**Directions:** Count the number of dots on each domino to find out how many of each exercise to perform.



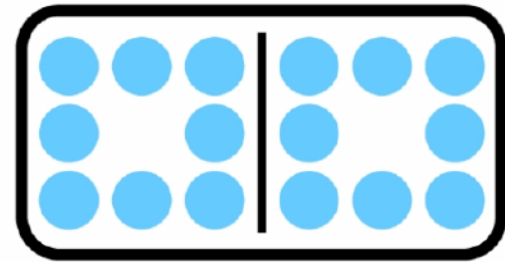
**Sit-Ups**



**Jumping Jacks**



**Lunges  
(Both Legs)**



**Squats**

# FINGER FITNESS 1.0

**Directions: Count the fingers to find out how many of each exercise to perform**



## Elbows To Knees



## Calf Stretch



**Both Legs!!!**



## Curl-ups



## Lunges



**Both Legs!!!**

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