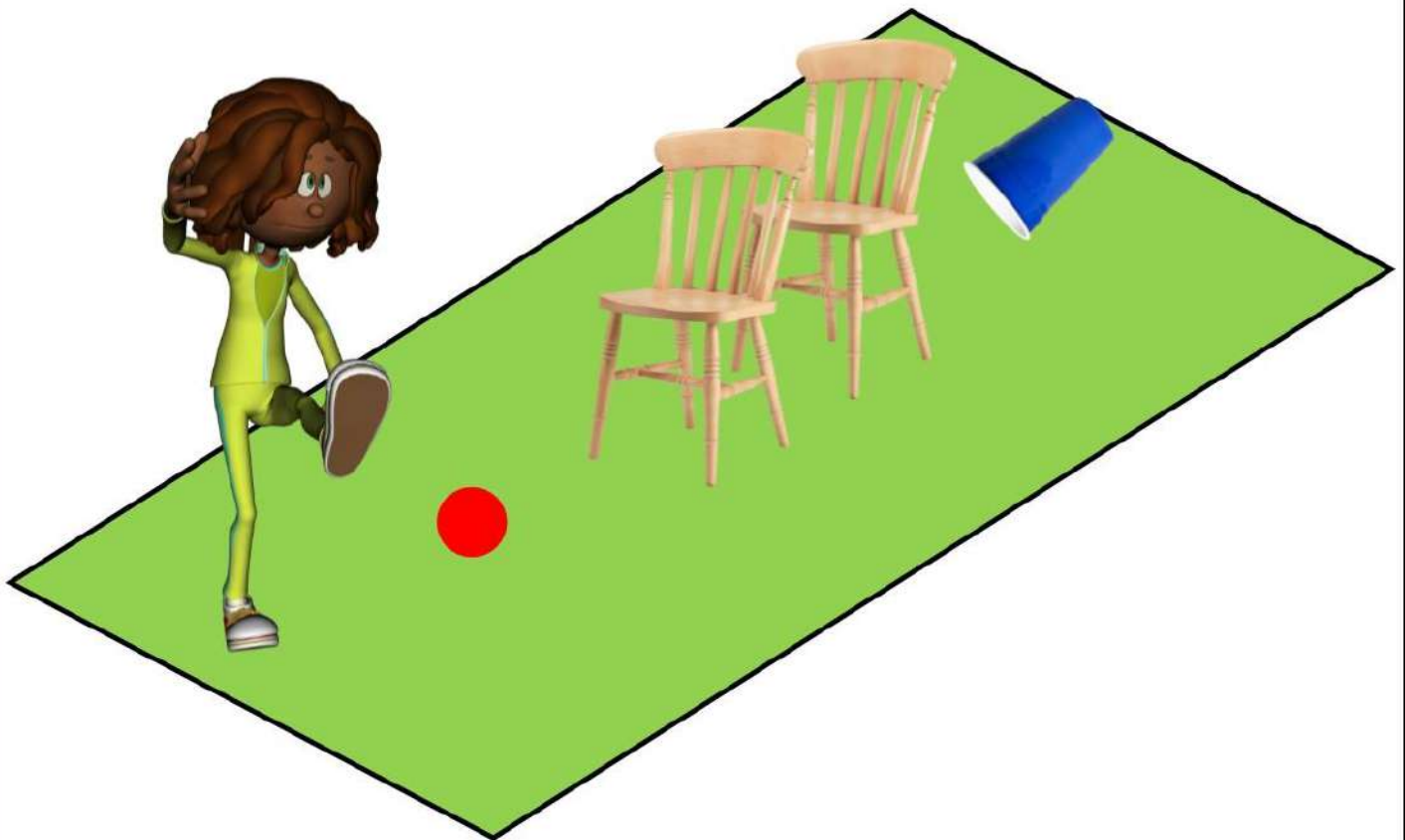


PHYSICAL EDUCATION AT HOME



Foot Mini Golf

Use items at home to create your own mini-golf hole. Use a small ball of any kind as your golf ball and your foot as the putter.



Rock, Paper, Scissors Fitness

Directions: Play Rock, Paper, Scissors with a partner. Look at the symbols below and match your combination to the exercise. Perform each exercise 10 times and play again.

Create your own exercises for the next game



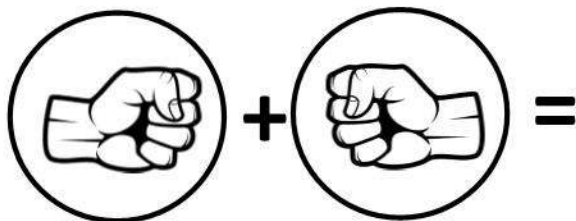
Rock
beats Scissors



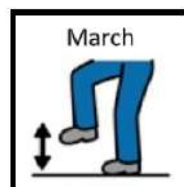
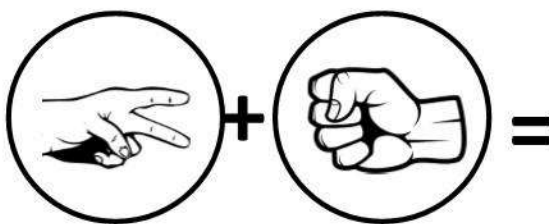
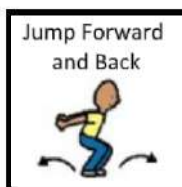
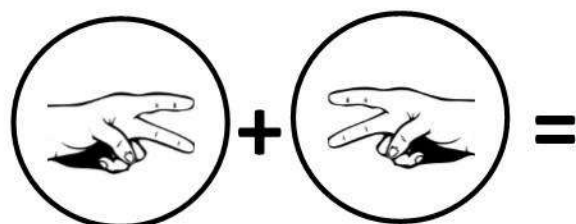
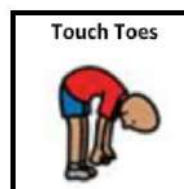
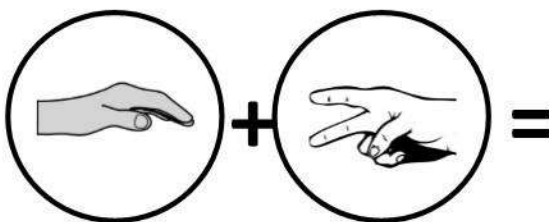
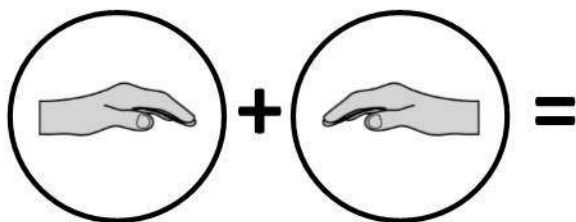
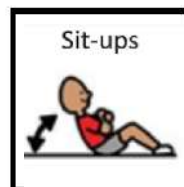
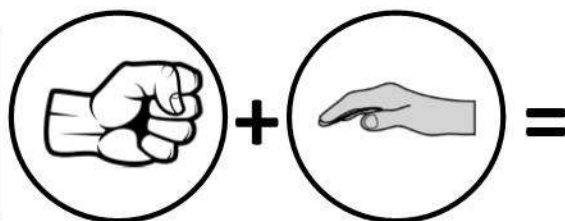
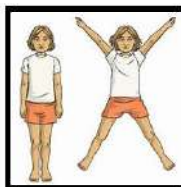
Paper
beats Rock



Scissors
beats Paper



Jumping Jacks



Skee Ball

Directions: Find 6 buckets, pots, pans, bowls, or anything else you can throw a ball into . Set-up the objects in a triangle pattern and assign points to each object. Play against yourself by trying to improve your score each round, or against a partner. After 10 underhand tosses count up your total. Play again!

Example Set-up:



3
P
O
I
N
T

2
P
O
I
N
T

1
P
O
I
N
T



Online Links

Avengers Workout

<https://www.youtube.com/watch?v=jyWyBern6q4>

Spider-Man Workout

https://www.youtube.com/watch?v=YC_V8hnU2PY&t=52s

Black Panther Workout

<https://www.youtube.com/watch?v=9SDWArXm4mA&t=2s>

Captain America Workout

<https://www.youtube.com/watch?v=QL2C0X3Gx1U&t=26s>

Iron Man Workout

https://www.youtube.com/watch?v=udK_PRSeVPI&t=26s

Guardians of the Galaxy Workout

<https://www.youtube.com/watch?v=y2nURI5xOWU>

Batman Workout: Part 1

<https://www.youtube.com/watch?v=MU7StZxAwJ0>

Batman Workout: Part 2

<https://www.youtube.com/watch?v=6QEVmcgkWMA>

Harry Potter Workout

<https://www.youtube.com/watch?v=fu-ZCwMrvKc&t=50s>

Harry Potter Workout #2

<https://www.youtube.com/watch?v=TBGOZlZ2-DY&t=83s>

Peanut Butter Jelly Dance

<https://www.youtube.com/watch?v=QI3Eww5nkrC>

Just Dance: That Power

<https://www.youtube.com/watch?v=f3XyYOLfTU4>

Just Dance: Animals

<https://www.youtube.com/watch?v=0WwrcEm9TAI>

Just Dance: Old Town Road

<https://www.youtube.com/watch?v=dx6wHN0VsJo>

Just Dance: Sunflower

<https://www.youtube.com/watch?v=ByR75vokUUs>

Physical Snacks Channel

<https://www.youtube.com/watch?v=3-TcZ7yqevl&list=PLRgEBBofOp7TBA4xgSbFUjY5gileoqkO-&index=7>

Star Wars Mindful Minute #1

<https://www.youtube.com/watch?v=Wfrpv6qpDec>

Star Wars Mindful Minute #2

<https://www.youtube.com/watch?v=ymackG7rLNY>

Would You Rather Workout

<https://www.youtube.com/watch?v=Paidh0xw-y4&list=PLiDb5S-CZDKDxkZ6LOqiIVU9vwDXEt1kD&index=4>

Basketball Challenges by Kevin Tiller

https://www.youtube.com/watch?time_continue=11&v=7_5SjJnZ96M&feature=emb_logo

Basket & n Ball Challenges by Kevin Tiller

https://www.youtube.com/watch?v=tLVN_4rOqCU&list=PLiDb5S-CZDKCLPKZeN0zNfXb-PD4bE60U&index=6&t=366s

Juggling Scarves by Kevin Tiller

<https://www.youtube.com/watch?v=sQ8TKt5H2uc&list=PLiDb5S-CZDKCLPKZeN0zNfXb-PD4bE60U&index=16>

Brain Bites by Lynn Hefe

<https://www.youtube.com/watch?v=9HfW3mJl2EU&list=PLEIsA9fRR2ekmY6wbJlsmBGLclOPTaFsk>