

Warm-up 1 Spell your Name https://www.730sagestreet.com/name-workout/	Warm-up 2 Playing Card Fitness https://www.pinterest.ca/pin/606086062321881197/	Warm-up 3 Circuit https://www.pinterest.ca/pin/132856257734527698/	Warm-up 4 Super Hero Training https://www.pinterest.ca/pin/570268371559619810/	Warm-up 5 Dice Warm-up https://www.pinterest.ca/pin/570268371558059212/
Share Question 1 What are you grateful for today?	<div> School Name Phys Ed Choice Board </div> <p>Directions:</p> <ol style="list-style-type: none"> 1. Pick one warm-up each day from across the top to complete. 2. Choose one work-out/activity each day from across the bottom to complete. 3. Choose one Share Question each day from down the left side and share with your family. 4. Choose one Chore each day from down the right hand side to help out your family. 5. Choose different combinations for Week 2. 6. Feel free to take pictures/videos and send to me at email address 7. Descriptions of Activities on following pages. <p>Always ask your parents before doing any of the activities and clean up whatever you use for the activities</p> <p><i>Teacher Message to Students</i></p>			Chore 1 Make Your Bed
Share Question 2 Who can you check up on today?				Chore 2 Vacuum Your Home
Share Question 3 How do you feel about not being at school?				Chore 3 Do The Dishes
Share Question 4 How do you act when you're worried?				Chore 4 Clean Out the Car
Share Question 5 What made me happy today?				Chore 5 Wash The Windows
Work-out 1 Make an Obstacle Course https://www.youtube.com/watch?v=5fz9u0-ZFkE&feature=youtu.be	Work-out 2 Living Room Volleyball https://www.youtube.com/watch?v=Olf-kugge1Q&disable_polymer=true	Work-out 3 Yoga https://www.youtube.com/results?search_query=cosmic+kids	Work-out 4 Teach yourself a Tik Tok dance https://www.youtube.com/watch?v=vCdV77eeRGk (or find your own to learn)	Work-out 5 Basketball Challenges Download the app Homecourt and try some different basketball challenges

Warm-up 1

1. Spell your name.
2. Do the activity associated with each letter.

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

A jump up & down 10 times	N pick up a ball without using your hands
B spin around in a circle 5 times	O walk backwards 50 steps and skip back
C hop on one foot 5 times	P walk sideways 20 steps and hop back
D run to the nearest door and run back	Q crawl like a crab for a count of 10
E walk like a bear for a count of 5	R walk like a bear for a count of 5
F do 3 cartwheels	S bend down and touch your toes 20 times
G do 10 jumping jacks	T pretend to pedal a bike with your hands for a count of 17
H hop like a frog 8 times	U roll a ball using only your head
I balance on your left foot for a count of 10	V flap your arms like a bird 25 times
J balance on your right foot for a count of 10	W pretend to ride a horse for a count of 15
K march like a toy soldier for a count of 12	X try and touch the clouds for a count of 15
L pretend to jump rope for a count of 20	Y walk on your knees for a count of 10
M do 3 somersaults	Z do 10 push-ups

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM

Warm-up 2

1. Get a deck of cards.
2. Draw 1 card
3. Do the exercise associated with that card
4. Repeat for a total of 5 cards.

PLAYING CARD FITNESS

A - STRETCH FOR 30 SECONDS

K - 15 JUMPING JACKS

Q - 34 SEC. PLANK

J - 9 LINE TOUCHES

10 - LINE JUMPS

9 - ARM CIRCLES

8 - CALF RAISES

7 - SUPERMANS

6 - BICYCLE SIT UPS

5 - JUMP TUCKS

4 - PUSH UPS

3 - VERTICAL JUMPS

2 - BURPEES



Warm-up 3

1. Complete each activity in order.
2. If you don't have a hula hoop, just do hip circles
3. Pretend you are on the monkey bars!

Circuit Workout for Kids

10 Jumping Jacks

15 Circles with the Hula Hoop

15-30 Seconds in Plank Position

Downward Facing Dog

Crab Walk

Run for 30-seconds

15 Circles with the Hula Hoop

Hop on One Foot

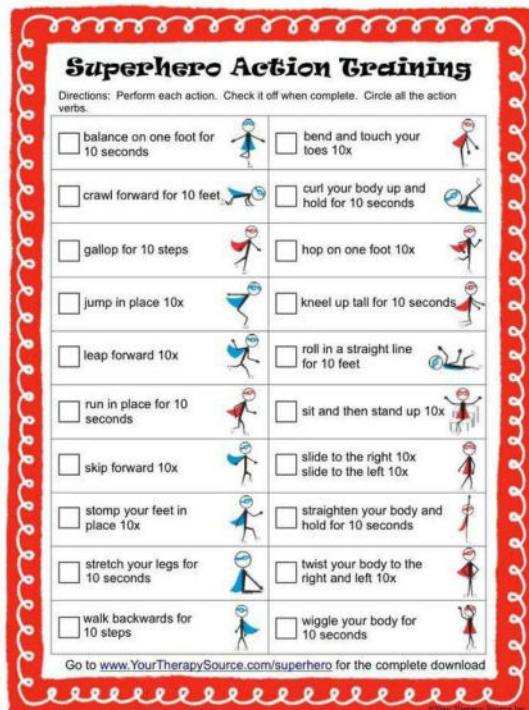
Hop on the Other

Run Up and Down Stairs

Pull-ups or Play on Monkey Bars

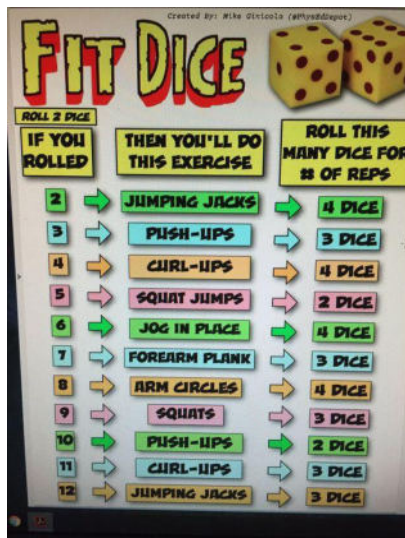
Warm-up 4

1. Do each activity once.



Warm-up 5

1. Roll 2 Die.
2. Add them together.
3. See what activity you need to do.
4. Roll the die again to see how many reps of that activity to do.
5. Don't have dice? Write the numbers 1-6 on paper and draw them from a hat instead.



Activity 1

1. Watch the video in the link for an example.

Create your own obstacle course! 🏃⚽🏀🏈🎾

Rules for the activity:

1. Ask parent permission ✓
2. Design and create you very own "at home obstacle course" using items from around your house. Ninja warrior style!
3. Your course can be made inside or in your back yard.
4. Your course must contain at least 5 different obstacles (ex: over, under, around, balancing, aiming)

Activity 2

1. Watch the video in the link to see how to play.
2. Find a space to play
3. Use a balloon or another light ball
4. Make a net (we used a couch)
5. See how many hits you can get without the balloon touching the floor.
6. Play a game to 15 points.

Activity 3

1. Follow the link to a list of yoga videos.
2. Choose one of interest and follow along.

Activity 4

1. Follow the link for an example of a clean, child-friendly Tik Tok Video.
2. Teach yourself the dance.
3. Find your own Tik Tok dance to learn.



Activity 5

1. Download the App "Homecourt" (it's free at the app store)
2. Try some different challenges
3. We like the target practice one in ball handling!

