

SAMS PE CHOICE BOARD WEEK 3

Each day at home your body needs to be active with your heart rate up for at least 25 minutes, 60 if possible. Below are many different ways to help you be active at home. Click on the words, they are links to videos and websites, and follow along. **Although you need to be active every day, you will only need to fill out the google assignment/activity log 2 times a week.** Have fun, work hard, and ask your family to join in with you! As always you can choose your own activities.

<u>Indoor Basketball Challenge</u> Click to view After you do the challenge keep shooting til 25 min.	<u>At Home Gymnastics- Balances and Stunts</u> Click to view No Equipment Needed For younger kids but still really fun to do.	<u>10 min Cardio Workout</u> Click to view AND <u>10 min. HIIT ABS</u> Click to view No equipment needed Do both videos	<u>Cardio Yoga</u> Click to view No equipment needed
<u>Cardio Drumming Whatever It Takes Thunder Uptown Funk Work This Body</u> Click to watch videos Use whatever you can find for "sticks". Unsharpened pencils or straws or make them with cardboard and tape. Do each song 2-3 times	<u>Sprint Juggling</u> Click to view <u>Ziplock Keep It Up</u> click to view You will need 2 plastic grocery bags and a partner and a ziplock baggie	<u>Teen 20 min. Workout</u> Click on to link No equipment needed	<u>Dance Moves</u> Click to view No equipment needed Go to the dance sweat live playlist and dance along to the various videos for 25 min.
<u>Bodyweight Blast Workout</u> Click to view No equipment needed	<u>Would You Rather #1</u> <u>Would You Rather #2</u> <u>Would You Rather #3</u> Click on to play No Equipment Needed Do all 3 videos	<u>Star Wars Yoga</u> <u>Wizard Of Oz Yoga</u> <u>Trolls Yoga</u> Click to View No Equipment Needed Choose 1 video	Your Choice Examples: (ask 1st) Family Walk Bike Ride Go for a Jog Scooter Jump Rope Practice a sport Lift weights