

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. You cannot choose the same activity two days in a row.

POINTS	CHOICE A	CHOICE B	CHOICE C
ONE POINT	LINE DANCE Cha Cha Slide.	Activity PE At Home: "Towel Fold Target" Challenge	Workout video for teens Kid & Teen at Home Workout Video
TWO POINTS	See how many things you can find. Scavenger Hunt ideas	JUST DANCE YMCA	Yoga - 15 minute session Beginning Yoga
THREE POINTS	GO NOODLE Footloose	Soccer Skills * Dribble/Trap to Mexican Hat Dance * Basic Skills	Partner activities