

SAMS PE CHOICE BOARD WEEK 1

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. You can also find your own way to be active as long as you are getting your heart rate up and moving. Be sure to fill out the assignment in google classroom each day after your workout so I know what you chose. Have fun, work hard, and ask your family to join in with you!

<u>30 Min. Hip-Hop Dance Cardio Workout</u> Click to view No equipment needed	<u>Tossing Challenge</u> Click to view You will need a laundry basket/box and socks	<u>10 min. Jump Cardio Workout</u> Click to view AND <u>10 min. Standing Ab Workout</u> Click to view No equipment needed	<u>30 min. Feel Good Yoga</u> Click to view No equipment needed
<u>Balloon Tennis</u> Click to watch video Or invent another indoor game to play You will need a balloon and permission to play inside.	<u>30 min Plyoga Workout</u> Click to view Plyoga is cardio and stretching together No equipment needed	<u>Superhero Choose your Own Adventure Workout</u> Click on to link No equipment needed	<u>30 min. Cardio Kickboxing Workout</u> Click to view No equipment needed
<u>25 min. Cardio Workout</u> Click to view No equipment needed	<u>UNO Fitness Or Playing Card Fitness</u> Click on to play You will need Uno cards or playing cards	<u>Harry Potter Spell Workout</u> <u>Spiderman Workout</u> <u>Star Wars Workout</u> <u>Avengers Black Panther Workout</u> <u>Batman Dark Knight Workout</u> Click each link above. These are short so do all 5 workouts together. No equipment needed	Your Choice examples: Family Walk Bike Ride Go for a Jog Scooter Jump Rope

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