

PE Activities

PE activities you can do at home

YOUTUBE WARM UP LINKS

Dances: Avacado, Let's Get Ridiculous, Pikachu, Calling all the Monsters, Space Jam

<https://www.youtube.com/watch?v=UJeH8gcjuj0>

<https://www.youtube.com/watch?v=U6NZLfxgjlo>

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

<https://www.youtube.com/watch?v=NXAxWV8-4X4>

<https://www.youtube.com/watch?v=z0evAuWFIPs>

Avengers/Justice League HIIT Workouts

<https://www.youtube.com/watch?v=u8IZfNrA17w>

<https://www.youtube.com/watch?v=sqZFz44AB78>

Bop-It Fitness

<https://drive.google.com/file/d/1wt0FSB1ISxphMkCK4qCaZxvOVnHZn2Xe/view>

Would You Rather Fitness Challenge?
(versions 1 and 2)

<https://www.youtube.com/watch?v=G3y5rmgHBgs>

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

Glen Higgins Fitness Videos

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

https://www.youtube.com/watch?v=YC_V8hnU2PY

<https://www.youtube.com/watch?v=c3oeoVsM95s>

<https://www.youtube.com/watch?v=QL2C0X3Gx1L>

"Old Town Road" Tabata Workout

<https://www.youtube.com/watch?v=YWgH4HSNnLY>

"Fortnite Fitness" Tabata Workout

https://www.youtube.com/watch?v=4v6Zcc1_tR0

<p style="text-align: center;">B</p> <p style="text-align: center;">Be ready for an adventure</p>	<p style="text-align: center;">I</p> <p style="text-align: center;">Indoor activities</p>	<p style="text-align: center;">N</p> <p style="text-align: center;">Need for Speed</p>	<p style="text-align: center;">G</p> <p style="text-align: center;">Getting off the couch</p>	<p style="text-align: center;">O</p> <p style="text-align: center;">Outdoor Activities</p>
<p>How many stairs are in your house?</p> <p>_____</p>	<p>Balance on 1 foot longer than your family members.</p> <p>_____</p>	<p>How fast can you skip from room to room.</p> <p>_____</p>	<p>Have a family plank contest.</p> <p>_____</p>	<p>See how far you can jump in 5 tries.</p> <p>_____</p>
<p>Take a nature hike in your yard.</p> <p>_____</p>	<p>Do a jumping jack for every letter of the alphabet.</p> <p>_____</p>	<p>How fast can you run a lap around your house?</p> <p>_____</p>	<p>Teach your family your favorite tag game.</p> <p>_____</p>	<p>Hop from your car to your house.</p> <p>_____</p>
<p>How many steps does it take to walk around your house?</p> <p>_____</p>	<p>Jump in and out of a room in your house while counting to 10</p> <p>_____</p>	<p>FREE SPACE</p>	<p>Do jumping jacks for 3 different commercials.</p> <p>_____</p>	<p>Run 1 lap around your house for every letter in your name.</p> <p>_____</p>
<p>Move through your house like your favorite animal.</p> <p>_____</p>	<p>Jog in place for 30 seconds in every room of your house.</p> <p>_____</p>	<p>Have a race to find the fastest person in your family.</p> <p>_____</p>	<p>Dance to your favorite song.</p> <p>_____</p>	<p>Do 3 different animal laps around your house.</p> <p>_____</p>
<p>Walk to get the mail for 3 days.</p> <p>_____</p>	<p>Toss a ball to yourself and catch it 20 times.</p> <p>_____</p>	<p>How fast can you clean up your toys?</p> <p>_____</p>	<p>Do jumping jacks for 3 different commercials.</p> <p>_____</p>	<p>Kick a ball around your house.</p> <p>_____</p>



PE Choice Board



Use the Fill color tool to change the color in the cell for each activity you do!

Do 1 activity for each day we are out of school.



<p>Do some form of weights. If you don't have weights try this canned food workout</p>	<p>Take a 24 hour break from Social Media The Health Benefits</p>	<p>Try this easy and quick 7 minute workout</p>	<p>Make a healthy recipe for your family. Try one of these!</p>
<p>Install a 5 minute workout app on your phone and do one of the exercises. Android ~ iPhone</p>	<p>Eliminate an unhealthy food or drink choice for the day</p>	<p>Walk 10000 steps in one day. Track your steps with one of these phone apps. Android ~ iPhone</p>	<p>Meditate for 10 minutes Listen to these sounds!</p>
<p>Repeat an activity from ANY other square</p>	<p>Try 3 yoga poses OR this intro to yoga video</p>	<p>Record the food you eat in a journal or food app like Fitness Pal Android ~ iPhone</p>	<p>Eat 3 servings of vegetables each day we are out of school.</p>
<p>Try these PARTNER YOGA poses with a sibling or parent.</p>	<p>Get 7-9 hours of sleep each day we are out of school. Here is why it is important</p>	<p>Don't be a COUCH POTATO! Try these chair exercises while you binge on your favorite show</p>	<p>Try one of these Youtube Warmups with your family.</p>