**Ideas for Physical Activity**

*These are just suggestions- get creative and come up with your own ideas, too!*

It is recommended for students to receive 60 minutes of physical activity daily! This does not have to be 60 consecutive minutes- it can be 10 here, 20 here, etc. until you reach 60.

\*Always ask for permission first before doing any activity:

* Yoga
  + Cosmic Yoga for kids
* Tabata
  + Follow the exercises I posted on Dojo
  + Add your favorite exercises into the mix
* Go Noodle
* Ride a bike (with your parents-never alone)
  + Skateboard
  + Roller blade
  + Scooter
* Go for a walk (with your parents-never alone)
  + Take your dog for a walk
  + Practice your locomotor skills- walk, run, jog, skip, gallop, slide, hop, jump, leap
* Throw/roll a ball and catch, or kick and trap a ball
  + With a family member
  + To your dog (fetch)
  + Against a wall or a fence
  + At a target
    - Laundry basket
    - Bucket
    - Hula hoop
    - Cardboard box
* Hula hoop
* Jump rope
* Practice your dibbling skills
  + Soccer dribbling
  + Basketball dribbling
  + \*\*\*any ball with a little bounce can be used- does not have to specifically be a soccer ball or basketball
* Hopscotch, or 4 Square
* Practice your striking skills- if you do not have a paddle/racket, you can use a fly swatter or your hand/foot (with a lightweight ball).
  + Ping pong ball
  + Balloon
* Practice your balancing skills
  + Place a jump rope, rope, or string on the ground and walk down the length of the item with one foot in front of the other