

Parents please help us keep your child active at home. This choice board contains activities for P.E.. Thank you for all of your support at home!

Pick 2 options from sections 1,2 , 3, & 4

Pick 1 option from section 5

Complete 4-5 days a week.

## Choice Board-P.E.

Section 1	<ol style="list-style-type: none"><li>1. 15 jumps with knees high</li><li>2. 15 Stand up and Sit down</li><li>3. 15 Squats</li><li>4. 10 lunges each leg</li><li>5. 15 calf raises</li></ol>
Section 2	<ol style="list-style-type: none"><li>1. 15 Air Plane Pushups</li><li>2. 15 chair dips</li><li>3. 15 wall push ups</li><li>4. 20 Red Devil Pushups</li><li>5. 15 Chair Pushups</li></ol>
Section 3	<ol style="list-style-type: none"><li>1. 15 Sit ups</li><li>2. 15 Crunches</li><li>3. 15 leg lifts while laying on your back</li><li>4. 20 Scissor kicks while laying on your back</li><li>5. 30 second plank</li></ol>
Section 4	<ol style="list-style-type: none"><li>1. Hula Hoop for 5 minutes</li><li>2. Turn on your favorite song and dance for 5 minutes</li><li>3. Jump Rope 5 Minutes</li><li>4. 1 minute Jumping Jack, 1 minute run in place, 1 minute jump rope, 1 minute hula hoop, 1 minute, and 1 minute jumps.</li><li>5. 1 minute gallop, 1 minute hop on left foot, 1 minute hop on right foot, 1 minute hop both feet, and 1 minute skip.</li></ol>
Section 5	<ol style="list-style-type: none"><li>1. Ride a Bike for 15 minutes</li><li>2. Walk/Jog with a parent, sibling, friend for 15 minutes</li><li>3. Play Basketball for 15 minutes</li><li>4. Play Soccer for 15 minutes</li><li>5. Perform 10 : 30 second sprints with a 15 second break between each sprint</li></ol>

If you don't have a hula hoop or jump rope, then just pretend like you do when performing the activity