

At Home P.E. Choice Board

Choose a game or activity from the board that looks fun to play.

<p>Create Your Own Game</p> <p>What is the name of your game?</p> <p>What are the rules of your game?</p>	<p>Musical Frogs</p> <p>This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</p>
<p>Crazy 8's</p> <p>8 jumping jacks 8 leaps 8 frog jumps 8 vertical jumps (as high as you can)</p> <p>Repeat 3 times</p>	<p>Roll 'Em Dice</p> <p>Roll 2 dice. Perform the correct exercise for 1 minute. Take a 20 second break. Play for 15 minutes.</p> <p>EXERCISES:</p> <p>2. Run in place, 3. Jumping Jacks, 4. Walking Lunges, 5. Star Jumps, 6. Line Jumps, 7. Wall Sit, 8. Plank, 9. Push Ups, 10. Crunches, 11. Arm circles, 12. Squats</p>
<p>Create Your Own Scavenger Hunt</p> <p>Make a list of items that you can look for around your house or have someone make a list for you. Once you have made your list go on a hunt around your house to see what you can find from your list.</p>	<p>Throwing and Catching:</p> <p>Practice throwing and catching with a family member with a ball or a frisbee.</p>
<p>Shooting a Basketball (Balance, Eyes, Elbow, Followthrough)</p> <p>How many baskets can you make in a row?</p> <p>How many lay ups can you make in a row?</p>	<p>Dance, Dance</p> <p>Put on your favorite song or turn on the radio. Create your own dance using exercises, stretches or your favorite dance moves! Dance however you like during the entire song!</p>
<p>Jumping Rope</p> <p>How many times can you consecutively jump rope?</p>	<p>Riding a Bike or Go for a walk</p> <p>Enjoy a nice sunny day and go for a bike ride or a walk.</p>