**Activity Choice Board**

Pick an activity (below) to do each day. Feel free to do more than one activity per day.

Keep this choice board on your wall for ideas on staying healthy and active.

**Pick an activity below. This week do 10 out of 12 activities to meet your physical education requirement.**

Keep this choice board on your wall for ideas for staying healthy and active.

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| Have a Dance Party! Turn on your favorite tunes and dance for at least 3 songs. | Try something new! Eating a variety of foods from all food groups is super important. Today, try a healthy food that you’ve never tried before. | Walk and **don’t** talk. As you walk, listen to the sounds around you. Pay attention to the sounds of nature, machines, and humans. | Your activity choice!  Living a healthy and active lifestyle is all about making personal activity choices. You know what you like to do to safely move your body. Go do that for at least 15 minutes. |
| Take a 15-minute WOG!  A WOG is a combination of WALK and JOG. Begin walking. Then, lean forward and pick up the speed just a little. It’s okay to take walking breaks in between. | Play a game of catch! You can use any ball and if you don’t have a partner, use the wall. | OBSTACLE COURSE TIME! Create an obstacle course around your play area. Remember to include skills like jumping and balancing. | JUMP ROPE! Turn on your favorite tunes and jump to the beat of the music. If you don’t have a skipping rope, use an invisible one. |
| BALLOON BALL! Try and keep the balloon from hitting the floor. How many times can you hit the balloon without it hitting the ground? | HALLWAY BOWLING! Set up some water bottles (lids on) in a triangular formation and try to knock them down by rolling a ball at them. | JUMPING JACKS! Can you do 25 jumping jacks?  Remember to start with your feet together. | FREEZE DANCE! When the music is playing you dance. When it stops, freeze! Do this for as long as you wish. |

If you don’t have the equipment needed for an activity, be creative - you can use almost anything!

**Activity Choice Board**

Pick an activity (see below) to do each day. Feel free to do more than one activity per day.

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| Crunch your Veggies!  Today is a veggie snack day. Grab the crunchy stuff – like carrots or celery – and crunch today’s snacks. | 20 Min RUN-WALK HIIT   1. Walk (2 Mins) 2. Run (1 Min) 3. Walk (3 Min) 4. Run (2 Min) 5. Walk (4 Min) 6. Run (3 Min) 7. Walk (5 Min) | Hydrate with Water!  Thirsty? That means your body needs WATER! Don’t grab drinks with added sugar – grab good old-fashioned water. Try to drink 6-8 glasses each day. | FOLLOW the LEADER! Add to the workout with energetic movements such as jumping, stomping, and squatting. |
| OBSTACLE COURSE TIME! Create an obstacle course around your play area. Remember to include skills like jumping and balancing. | BALLOON VOLLYBALL! Set up a net using chairs or tv stands and hit the balloon over the net trying to keep it off the floor. Have the whole family join in and try to score points by hitting the balloon on the other team’s floor. | Walk and **don’t** talk. As you walk, listen to the sounds around you. Pay attention to the sounds of nature, machines and humans. | Your activity choice!  Living a healthy and active lifestyle is all about making personal activity choices. You know what you like to do to safely move your body. Go do that for at least 15 minutes. |
| BASKETBALL! Grab a bucket or a garbage can. Take 5 big steps back and try to throw a ball, beanbag, paper, etc. in it. How many baskets can you make in a row? How many baskets can you make in a minute? | Go outside look at the clouds. What shapes do you see? Listen to the sounds around you. What do you hear? Take in some big deep breaths of fresh air and let them out slowly. | FREEZE DANCE! When the music is playing, you dance. When it stops, freeze! | BALANCING ACT! How long can you balance on different body parts for? Try each leg, your bottom while holding your legs up etc. |

If you don’t have the equipment needed for an activity, be creative - you can use almost anything.

**Additional Activities**

* Tag
* Hide and go seek
* Musical chairs
* Scavenger hunt
* Races
* Simon says
* Red light, Green light
* Go for a bicycle ride
* Go for a walk
* Explore nature
* Play on a playground
* Duck, Duck, Goose
* Play with your pets
* Play a sport
* Skipping
* Hopscotch
* Gardening
* Shoveling
* Building a sand/snow castle