







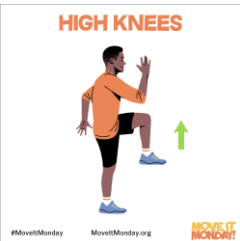





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Health & Physical Education Learn @ Home Choice Board

<p>Complete the following.</p> <ul style="list-style-type: none"> 30 jumping jacks 	 <p>Run 1-3 laps around your house with a parent.</p>	<p>GONOODLE Video: https://www.youtube.com/watch?v=59_j0CjY75U</p>  <p>Koo Koo Kanga Roo - Shake Yo Foot</p>	<p>Discuss 5 food groups with a family member.</p> <p>THE 5 FOOD GROUPS</p> 
<p>Complete the following.</p> <ul style="list-style-type: none"> High Knees for 1-2 minutes 	 <p>Play Freeze Tag with your family in your house or yard.</p>	<p>Kidz Bop Video: https://www.youtube.com/watch?v=sHd2s_saYsQ</p>  <p>Kidz Bop Shuffle</p>	<p>Plan or cook a meal with your family using 1 item from each of the 5 Food Groups.</p> 
<p>Complete the following.</p> <ul style="list-style-type: none"> 3 sets of 5-10 push ups 	<p>Play musical chairs with your family.</p> 	<p>Zumba Kids Happy Guided Dance</p> <p>https://app.gonoodle.com/activities/happy?s=Channel&t=Zumba%20Kids&sid=2&cs=zumba-kids</p>	<p>Listen to <i>The Very Hungry Caterpillar</i> and discuss foods from food groups.</p> <p>https://www.youtube.com/watch?v=75NQK-Sm1YY</p>

“Where lions learn and lead!”

HOME OF THE LIONS

