

3-5 Physical Education Choice Board

This tool is used to keep you moving even while you are at home! Complete 2 entire boxes every day, Monday-Friday. It's perfectly fine if some of them are repeated. Mix and Match, encourage your siblings and guardians to join you! The more you move the better you will feel. Lastly, if you are unsure about how to do any of the exercises, google, or youtube them.

- During the outside play , let's keep social distancing in mind 😊

Complete this workout: 15 star jumps 15 hop squats 10 push-ups 10 sit-ups DO THIS WORKOUT 3 TIMES!	10 minutes of meditation Choose 2 yoga poses and perform for 2 mins each.	Go outside and play tag, football, basketball, or anything that involves exercise for at least 30 mins. (parents permission first)	Bear Crawl around the house for 5 mins and do 15 power jumps. Complete this 2 times!
Find 3 appropriate songs and dance throughout the entire 3 songs.	Youtube "relaxing nature sounds" and meditate for 10 mins. Perform once in the morning , and at night.	Complete 15 push-ups Complete 3 mins of meditation	Create a healthy dinner meal plan that includes 4 major food groups: Vegetable, fruit, protein,grains.
Hold the "plank" for 30 seconds. Perform this exercise 4 times!	Challenge your parents/ guardians to do 3 sets of this workout: (repeat 3 times) 20 squats,10 push ups, run in place for 30 secs,10sit-ups , 20 jumping jacks	Complete 25 squats Complete 25 arm circles Complete another 25 squats.	You fill in the blank!

Crab walk during every commercial while watching your favorite show!	Create a workout that includes 2 arm exercises and 2 leg exercises. Record a workout video that you don't mind sharing, be creative!	You Fill in the blank!	Call a friend from your class and make sure they are exercising everyday!
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