

K-2 Physical Education Choice Board

This tool is used to keep you moving even while you are at home! Complete 2 entire boxes everyday, 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 you tube them.

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

Complete 30 Jumping Jacks And run in place for 1 minute Complete these exercises twice!	10 minutes of meditation Choose 2 yoga poses and perform for 2 mins each.	Go outside and run for 15 mins. Meditate for 3 mins	Bear Crawl around the house for 5 mins and do 15 power jumps.
Find 3 appropriate songs and dance throughout the entire 3 songs.	You Choose a physical activity and perform for 30 mins.	Complete 15 push-ups Complete 3 mins of meditation	You choose a physical activity and perform for 30 mins. 3 mins of meditation
Frog hops around the living room for 10mins. Remember , set a timer!	Challenge your parents/ guardians to do 3 sets of this workout: 20 squats, 30 Jumping Jacks, 15 sit-ups.	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!	Jumping Jacks for 3 mins straight. Set your timer!	You Fill in the blank!	Draw a picture of 5 healthy foods.