

# Physical Education Choice Board

Choose a different activity each day. See attached resources if marked.

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| <p><b>Mission Possible Task Sheet</b></p> <p><b>***Resource Attached</b></p>   | <p><b>Let's Eat Healthy</b></p> <p><i>Draw 3 healthy meals using all five food groups (protein, grains, vegetables, fruits and dairy).</i></p>   | <p><b>What's Your Name- Alphabet Fitness</b></p> <p><i>Spell out your WHOLE name</i></p> <p><b>***Resource Attached</b></p>  |
| <p><b>Boot Camp</b></p> <p><i>Count in your best drill sergeant voice as you perform each of the following exercises 15 times: Jumping Jacks, Skier Jumps, Squats, Burpees, Push Ups, High Knees</i></p> | <p><b>Family Walk/Run</b></p> <p><i>Get some fresh air as a family. Take the dog if you have one. Choose your level of challenge. Run if you can. Choose run/walk intervals. OR just walk and enjoy the company!</i></p> | <p><b>Family Scavenger Hunt</b></p> <p><b>***Resource Attached</b></p>   |
| <p><b>HIIT Tabata 1</b></p> <p><i>For 4 minutes: 20 seconds of exercise and 10 of rest</i></p> <p><i>Exercises: Jumping Jacks, Burpees, High Knees, Hold a Plank</i></p>                                 | <p><b>Tic-Tac-Toe</b></p> <p><i>Find a partner to play. Before you may mark your "x" or "o," you must complete the exercise in the box.</i></p> <p><b>***Resource Attached</b></p>                                       | <p><b>Squad Leader Fitness</b></p> <p><i>Choose 2 exercises from each category. Complete for 30 seconds with a 15 second rest in between.</i></p> <p><b>***Resource Attached</b></p> |
| <p><b>My Food Card</b></p> <p><i>Write about your favorite snack and draw it in the space provided</i></p> <p><b>***Resource Attached</b></p>  | <p><b>HIIT Tabata 2</b></p> <p><i>For 4 minutes: 20 seconds of exercise and 10 of rest</i></p> <p><i>Exercises: Mountain Climbers, Squats, Arm Circles, Sit Ups</i></p>  | <p><b>Fitness Bingo</b></p> <p><i>Play with a partner or by yourself.</i></p> <p><b>***Resource Attached</b></p>   |