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| --- | --- | --- | --- | --- |
| **Warm-up 1**  Spell your Name  <https://www.730sagestreet.com/name-workout/> | **Warm-up 2**  Playing Card Fitness  <https://www.pinterest.ca/pin/606086062321881197/> | **Warm-up 3**  Circuit  <https://www.pinterest.ca/pin/132856257734527698/> | **Warm-up 4**  Super Hero Training  <https://www.pinterest.ca/pin/570268371559619810/> | **Warm-up 5**  Dice Warm-up  <https://www.pinterest.ca/pin/570268371558059212/> |
| **Share Question 1**  What are you grateful for today? | **School Name**  **Phys Ed**  **Choice Board**  Directions:   1. Pick one warm-up each day from across the top to complete. 2. Choose one work-out/activity each day from across the bottom to complete. 3. Choose one Share Question each day from down the left side and share with your family. 4. Choose one Chore each day from down the right hand side to help out your family. 5. Choose different combinations for Week 2. 6. Feel free to take pictures/videos and send to me at email address 7. Descriptions of Activities on following pages.   **Always ask your parents before doing any of the activities and clean up whatever you use for the activities**  **Teacher Message to Students** | | | **Chore** **1**  Make  Your  Bed |
| **Share Question 2**  Who can you check up on today? | **Chore** **2**  Vacuum  Your  Home |
| **Share Question 3**  How do you feel about not being at school? | **Chore** **3**  Do  The  Dishes |
| **Share Question 4**  How do you act when you’re worried? | **Chore** **4**  Clean  Out the  Car |
| **Share Question 5**  What made me happy today? | **Chore** **5**  Wash  The  Windows |
| **Work-out 1**  Make an Obstacle Course  [**https://www.youtube.com/watch?v=5fz9u0-ZFkE&feature=youtu.be**](https://www.youtube.com/watch?v=5fz9u0-ZFkE&feature=youtu.be) | **Work-out 2**  Living Room Volleyball  <https://www.youtube.com/watch?v=OIf-kuqqe1Q&disable_polymer=true> | **Work-out 3**  Yoga  <https://www.youtube.com/results?search_query=cosmic+kids> | **Work-out 4**  Teach yourself a Tik Tok dance  <https://www.youtube.com/watch?v=vCdV77eeRGk>  (or find your own to learn) | **Work-out 5**  **Basketball Challenges**  Download the app Homecourt and try some different basketball challenges |

**Warm-up 1**

1. Spell your name.
2. Do the activity associated with each letter.

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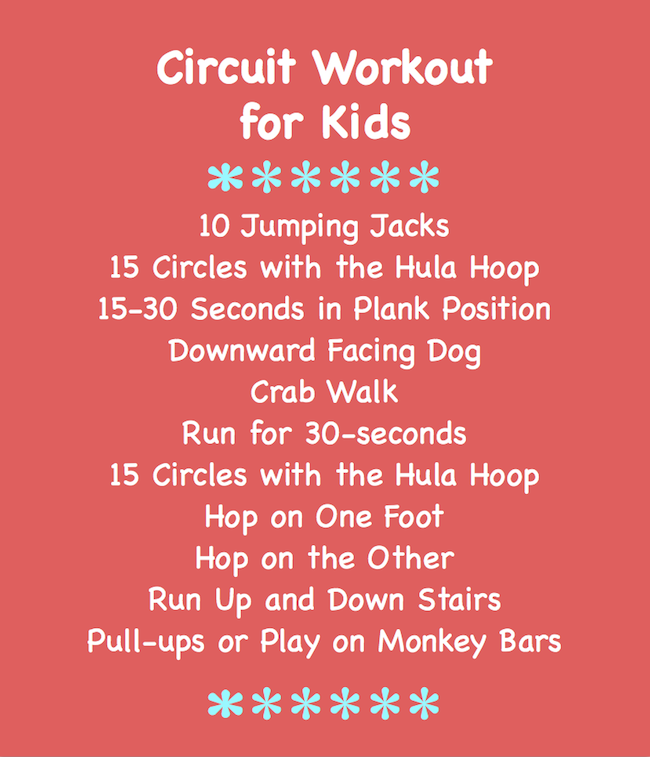
**Warm-up 2**

1. **Get a deck of cards.**
2. **Draw 1 card**
3. **Do the exercise associated with that card**
4. **Repeat for a total of 5 cards.**



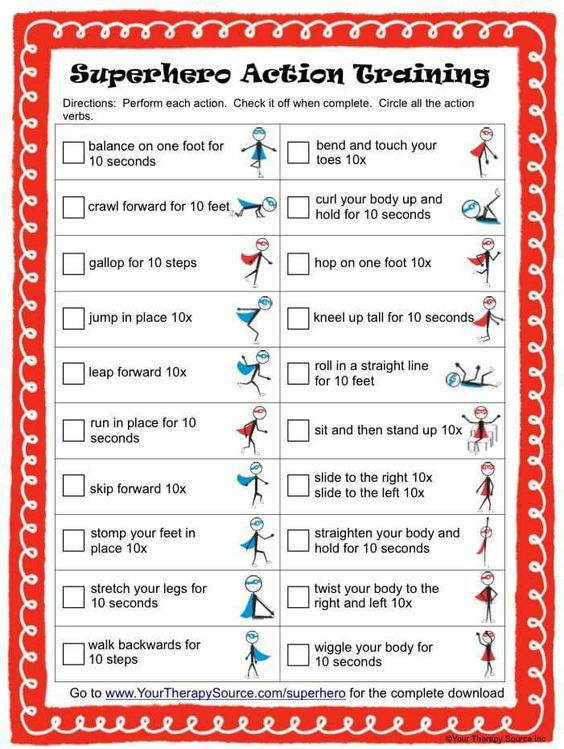
**Warm-up 3**

1. Complete each activity in order.
2. If you don’t have a hula hoop, just do hip circles
3. Pretend you are on the monkey bars!



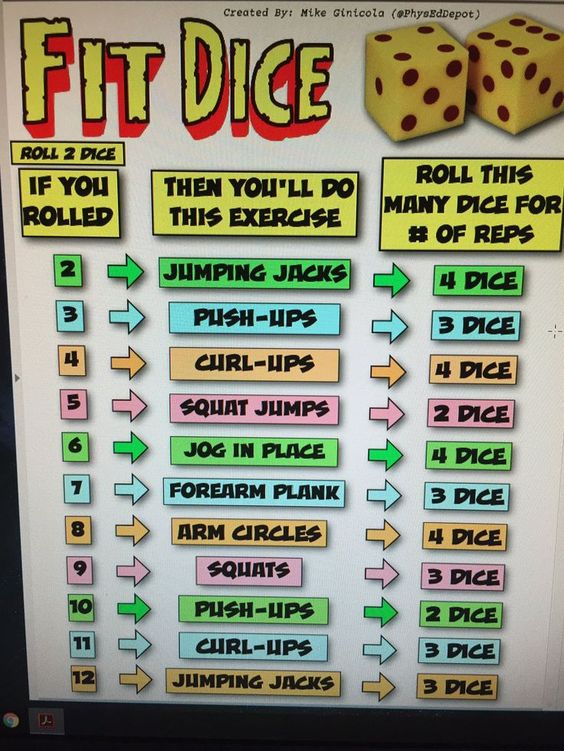
**Warm-up 4**

1. Do each activity once.



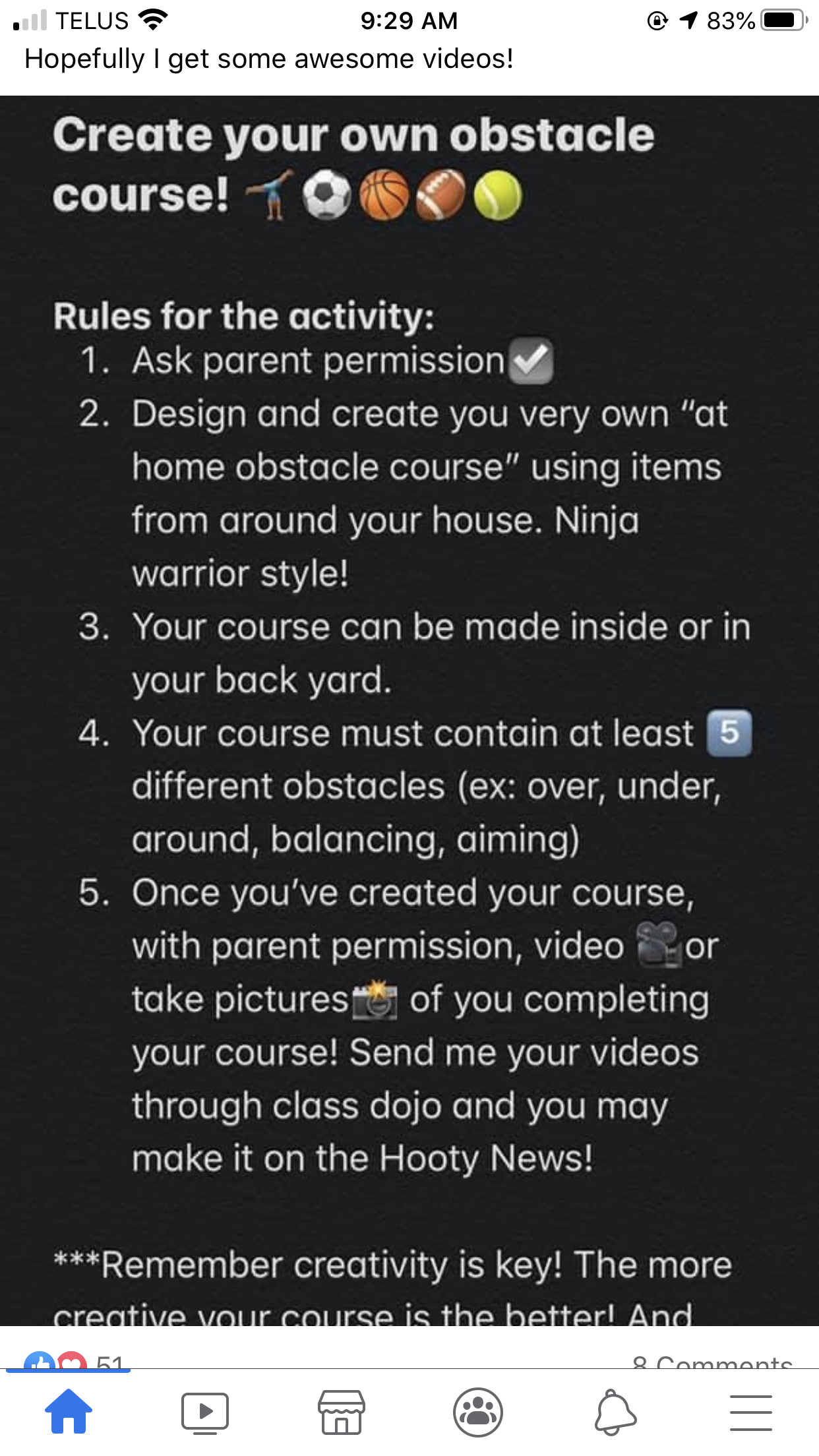
**Warm-up 5**

1. Roll 2 Die.
2. Add them together.
3. See what activity you need to do.
4. Roll the die again to see how many reps of that activity to do.
5. Don’t have dice? Write the numbers 1-6 on paper and draw them from a hat instead.



**Activity 1**

1. Watch the video in the link for an example.



**Activity 2**

1. Watch the video in the link to see how to play.
2. Find a space to play
3. Use a balloon or another light ball
4. Make a net (we used a couch)
5. See how many hits you can get without the balloon touching the floor.
6. Play a game to 15 points.

**Activity 3**

1. Follow the link to a list of yoga videos.
2. Choose one of interest and follow along.

**Activity 4**

1. Follow the link for an example of a clean, child-friendly Tik Tok Video.
2. Teach yourself the dance.
3. Find your own Tik Tok dance to learn.



**Activity 5**

1. Download the App “Homecourt” (it’s free at the app store
2. Try some different challenges
3. We like the target practice one in ball handling!