

Choice Board for Austin Elementary Physical Education, Spring 2020

- Students should complete one of the activities from each day for PE class. Repeat each week.
- Please fill free to add to any of these choices or create your own daily activity of your liking.

	<u>Choice 1</u>	<u>Choice 2</u>	<u>Choice 3</u>	<u>Choice 4</u>	<u>Choice 5</u>
Monday	<ul style="list-style-type: none"> * 10 Jumping Jacks * 10 Push ups * 10 Sit ups * 10 Secs run in place Repeat 3 times	<ul style="list-style-type: none"> * 10 Secs hop on both feet * 10 Secs hop on right foot * 10 Secs hop on left foot Repeat 3 times	<ul style="list-style-type: none"> * Go for a 15 minute walk with a parent or a friend or person of your liking 	In your backyard: <ul style="list-style-type: none"> * Skip for 1 minute * Gallop for 1 minute * Jog for 1 minute * March for 1 minute Repeat 3 times	In your backyard: <ul style="list-style-type: none"> * Jog for 3 minutes * Run for 1 minute * Walk for 1 minute Repeat 3 times
Tuesday	Scavenger Hunt: Inside <ul style="list-style-type: none"> * Find 5 red items * Find 5 blue items * Find 5 green items * Find 5 yellow items 	Scavenger Hunt: Inside <ul style="list-style-type: none"> * Find 5 circle items * Find 5 square items * Find 5 triangle items * Find 5 rectangle items 	Scavenger Hunt: Outside <ul style="list-style-type: none"> * Find 5 birds outside * Find 5 worms outside * Find 5 squirrels outside 	Scavenger Hunt: Outside <ul style="list-style-type: none"> * Find 5 red items * Find 5 blue items * Find 5 green items * Find 5 yellow items 	Scavenger Hunt: Outside <ul style="list-style-type: none"> * Find 5 circle items * Find 5 square items * Find 5 triangle items * Find 5 rectangle items
Wednesday	Basketball: <ul style="list-style-type: none"> * Dribble w/ right hand 1 min. * Dribble w/ left hand 1 min. * Back and forth 1 min. Repeat 5 times	Football: <ul style="list-style-type: none"> * Play catch for 10 min. * Try 10 catches w/ only right hand * Try 10 catches w/ only left hand 	Track: <ul style="list-style-type: none"> * Run length of your back yard as fast as you can Rest...Repeat 5 times * Cool down jog for 5 min. 	Soccer: <ul style="list-style-type: none"> * Use kick ball or soccer ball in backyard...kick w/ right foot, kick w/ left foot, alternate feet as you move up and down your yard 10 min. 	Tag: <ul style="list-style-type: none"> * Find parents or friends to play tag with. * Teach them line tag. * Freeze tag. * Create your own tag game and teach mom and dad. 15 min.
Thursday	Stretching: <ul style="list-style-type: none"> * Jumping jacks 30 sec. * Toe touches 30 sec. * Arm circles 30 sec. * Push ups 30 sec. * Sit ups 30 sec. Rest & Repeat 3 times	Inside or Outside: <ul style="list-style-type: none"> * Bear crawl for 1 min. * Crab walk for 1 min. * Alligator crawl 1 min. * Pencil roll 30 sec. Rest & Repeat 3 times	Inside or Outside: Find a line to use <ul style="list-style-type: none"> * Hop back and forth over it with both feet for 1 min. * Hop w/ right foot 1 min. * Hop w/ left foot 1 min. Repeat facing right then facing left	Balance: <ul style="list-style-type: none"> * Stand on right foot 30 sec. * Stand on left foot 30 sec. * Plank for 30 sec. * Pretend you are on a balance beam and walk heel to toe for 30 sec. Repeat 4 times	Choose an on-line yoga activity of your liking. Perform the stretches and movements. 15 min.
Friday	Inside activity: Free time...use any objects of your choice. Examples: <ul style="list-style-type: none"> * Legos * Play dough * Crayons/Markers etc.. 20 min.	Outside activity: Free time...use any objects of your choice. Examples: <ul style="list-style-type: none"> * Play in backyard * Go to a park * Hoola-hoops 20 min.	Dance activity: Turn the radio on or find music of your own liking and create your own dances to it and teach someone else the dances. 20 min.	Obstacle course: Use items around your house to build your own obstacle course and time yourself through the course. Have someone else try it as well. 20 min.	Nature walk: Go for a walk with an adult in your neighborhood and tell each other about your day. 20 min.