

Welcome to Physical Education and Health at home. Your goal over the next few weeks is to stay home and be active for at least 30 minutes each day. There are many ways to stay active and move when you are at home. Complete 1 activity per day.

**Bingo Exercise:** Do each box for 1 minute. When you complete 5 or 6 in a row have your parents sign off saying you completed each one. Have fun!

- Complete 6 in a row horizontal:
- Complete 5 in a row vertical:
- Complete 5 in a row diagonal:

Walk	Run	Skip	Gallop	Slide	Bear Crawl
Crab Walk	Frog Jump	Jump (2 feet)	Hop (right foot)	Hop (left foot)	High Knee Running
Jumping Jacks	Star Jacks	Ski Jumps (side to side, feet together)	Sit-ups	Push-ups	Burpees
Squats	Wall Sit	Plank	Stand, keep legs straight and try and touch your toes without bending your knees	Butterfly stretch	Walk in a zig zag path
Skip in a S shape path	Toss a ball yourself	Bounce a ball	Toss, bounce catch	Arm Circles	Your choice

## Obstacle course

Create an obstacle course inside or outside using objects you find around the house that your parents give you permission to use.

Examples: crawl over 1 chair, crawl under the next, toss 5 stuffed animals into a basket, bear crawl around the couch, jump up the stairs, zig zag around toys, socks, boxes etc. Be creative, there are no limits.

- Time how fast you can go through it.
- Video yourself going through your course and email it to Mr. Karaffa if you can.

## Play Outside for at least 1 hour

### Choice Day:

Write down or have your parents help you write down what you did today to stay active and moving for at least 1 hour or more. It can be broken up throughout the day.

Example: went for a walk for 15 minutes, played outside, helped with chores, etc..

## ABC Spelling & Exercise Challenge

Spell a word and then do the exercise after each letter. Spell your first, middle and last name. Pick 4 more words and spell them and complete the exercise. Write down which words you choose:

- 1.
- 2.
- 3.
- 4.

**A - forward arm circles**

**B - 10 squats**

**C - 8 push-ups**

**D - 12 Jumping Jacks**

**E - 10 Second plank**

**F - 10 Sit-ups**

**G - 15 backward arm circles**

**H - 5 Frog Jumps**

**I - 10 Knee to elbow**

**J - 10 hops on your left foot**

**N - 10 Jumping Jacks**

**O - 8 second plank hold**

**P - 9 sit- ups**

**Q - 10 Frog Jumps**

**R - 5 Push-ups**

**S - 15 jumps in place**

**T - 10 Knee to elbow**

**U - 15 forward arm circles**

**V - 10 Squats**

**W - 15 backward arm circles**

**K - 10 hops on your right foot**

**X - 5 Burpees**

**L - 15 jumps**

**Y - 15 second wall sit**

**M - 7 Burpees**

**Z - 10 hops on each foot**

### Throwing and Catching:

Put a check mark next to each one you complete

\_\_\_\_\_ Throw and catch a ball 50 times to yourself.

\_\_\_\_\_ Throw underhand to a family member 50 times.

\_\_\_\_\_ Catch a underhand throw from a family member 50 times

\_\_\_\_\_ Throw overhand to a family member 50 times

\_\_\_\_\_ Catch a overhand throw to a family member 50 times

\_\_\_\_\_ If you have a ball that can bounce, bounce and catch 50 times

\_\_\_\_\_ Bounce the ball to a family member and have them catch it and bounce back to you 50 times.

### Create a Game

Create a game that 1 or more people can play. Come up with rules, what equipment you will need and then play the game. Have Fun with this!

Name of the Game: \_\_\_\_\_

Equipment Needed:

Rules of the Game: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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## Cosmic Kids Yoga

Go to <https://www.youtube.com/user/CosmicKidsYoga> and find different yoga activities.