

# Wellness (Health and PE) Menu Items

- **TV Challenge during a commercial:** 10 push-ups, 15 curl-ups, 20 jumping jacks, 10 squats, jog until your show comes back on, pretend to jump rope for one commercial or actually jump rope
- **Deck of Cards workout:** Flip over the card on top after shuffling and do a random exercise for the amount shown. Face cards are 10 and Jokers are 20
- [Site Word Workout](#): Do the exercise while you are reading the site words shown
- Go for a walk
- Play Simon Says
- Run around your house 5 times
- Swing
- Balance on one foot for a count of 30 and then switch feet
- Create a dance routine
- [How Many Can You in 100 Seconds?](#) - exercise task sheet
- [Cardiovascular Endurance](#) Task sheet
- [5 Senses Scavenger Hunt](#)
- Blow bubbles then chase and pop them
- Help make a healthy meal for the family
- Learn to tie your shoes
- Take a picture of yourself being active and send it to your PE teacher (AES - [Mrs Johnson](#), [Mrs Parker](#))
- Create an obstacle course using things from your house and move through it.
- Dice Rolling Activities: [Roll Some Yoga](#) [Roll Some Exercises](#) [Roll Some Cardio](#) [Roll Some Action Verbs](#)  
[Roll Some Brain Breaks](#)
- [Exercise Board Game](#)
- Play the game of Twister
- [52 Card Pick-up](#)
- Print off this [Activity Calendar](#) for a daily challenge
- [Silly Letter Workout](#) - shared by Mrs Warner and Ms Lescarbeau at AES
- Go on a Fitness [Easter Egg Hunt](#)
- Try 3-5 of these [Ways to Move at Home](#) from the American Heart Association

## Movement Online Resources:

- [Go Noodle](#) or [Go Noodle YouTube Channel](#)
- [Cosmic Kids Yoga](#) (click on the watch episodes tab)
- [Fitness Wheel](#) - spin the wheel - do the exercise
- [Animal Walks](#) - perform the animal walk for the animal on the screen
- Dance: [The Sid Shuffle](#),
- Dance: Find a Just Dance Video on YouTube (here is one for [Old Town Road](#))
- Dance: Want to learn some [Hip Hop Moves](#)?
- [Glen Higgins Fitness](#) - Choose from Star Wars, Avengers, Batman, Harry Potter or Fortnite workouts
- [Video Dance Workouts](#)
- [Fortnite Tabata workout](#)
- [TicTok Blinding Light Challenge](#) - Grab 2 others and learn the steps for the Blinding Light dance challenge - record your moves and send it to Your PE Teacher
- [Playing Card Fitness](#)
- [UNO card Fitness](#)
- Grab a Piece of paper and try [THIS](#) fitness challenge

- Try some of these fitness activities: [Rock Paper Scissors Fitness](#), [Fit Dice](#), [Finger Fitness](#), [Would you Rather](#), [Who would Win Fitness](#), [Justice League Fitness](#), [Avengers Fitness Training](#),

### **Health Online Resources:**

- [Scishow Kids](#) :All About Us!! YouTube playlist: Find an interesting video and watch
- [Kids Health](#) :research and read about a topic that interests you (watch videos, ead an article, play a game)
- [The Foodies](#) :Read about health eating and play an online game or print off an activity
- [Dairy Council of California](#) : online learning games about nutrition and healthy eating
- [I am a SuperHero](#) - Use this activity sheet to describe your SuperHero powers
- Learn more about germs here: a funny video about the [Journey of a Germ](#), Watch this video on [how to properly wash your hands](#)