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