

AT HOME PE

There's always time for fitness!



CATCH QUEST



@PhysEdDepot

UNO FITNESS

*You will need a deck of UNO cards for this activity.



@PE_Dave1017

PLAYING CARD FITNESS



Create Your Own Game/Activity



Grab materials you have around your house. Try to limit your equipment to 3-5 items. Create a game that has an objective, rules and directions. Feel free to record your game in action and share on Seesaw! Be sure your game is active!

WEEKLY EXPECTATION

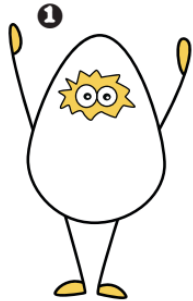
1. Try to see how many activities you can complete this week. Can you do one each day?
2. Choose one activity from the hyperdoc to complete and then complete this [Google Form](#)

Movement Monopoly

You will need a dice for this activity.



EGG-ERCISE STRETCHING



yourtherapysource.com

25 WAYS TO MOVE



heart.org/kidsactivities

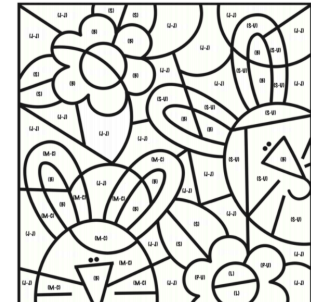
TABATA WORKOUT

Two choices, choose one



@CapnPetesPE

COLOR BY FITNESS



@MrWillPE