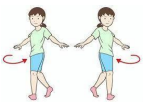


P.E. Choice Board BINGO

Please choose 5 or more movements from the board to perform at home. If you have any questions please feel free to contact me at eli.mitchell@hardin.kyschools.us

 10-Minute Jog	 20 Arm Circles	10 Toe Touches 	 Follow A Yoga Video	30 Second Side Planks 
10 Toe Touch Sit-Ups 	10  Lunges	1  Minute Wall Sit x3	20  Lateral Raises	 10 Bridges
 20 Bicep Curls	 Play in the Snow for 15 minutes	 Free Choice	 Step Ups x10	 10 Crunches
 50 Punches	 20 Over-Head Raises	 Follow a Fitness Dance Video	 30 Seconds High Knees x3	30  Minute Walk
 10 Push-Ups	5  Minute Stair Climb	 20 Jumping Jacks	 10 Squats	 20 Torso Twist

Cosmic Yoga Link: <https://youtu.be/xlg052EKmtk?si=iaCXgAkeiaLxPLPJ>