

Warm up:
AVENGERS



Warm up:
JUSTICE
LEAGUE



Warm up:
HARRY
POTTER 1



Warm up:
HARRY
POTTER 2



Help out by
DOING:

Pick 3 chores that
you can do to help
your family out
this week.

3rd - 6th Grade P.E. Choice Board



Track your progress:
Print the PE Physical
Activity Log and track
the date, time, & what
you choose on the
board. Share it with
Mrs. Balfe.
Mjbalf@dcsdk12.org

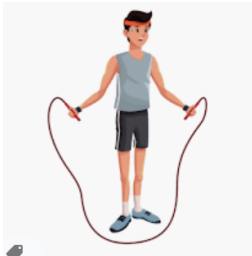
Fitness Bingo
#1

Directions:

1. Pick one warm up each day across the top.
2. Choose one workout across the bottom each day.
3. Pick Fitness Bingo or dance with the DanSIRS to do each week.
4. Track your progress daily using your PE Physical Activity Log.
5. **BONUS:** Help out by *DOING* square!

Dance with the
DanSIRS
Across the USA

Work out:
Jump Rope



Work out:
Yoga



Work out:
FREE
CHOICE

(Pick something
active outside to
do for 30 min.
With your parents
permission.)

Work out:

Indoor Cardio



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