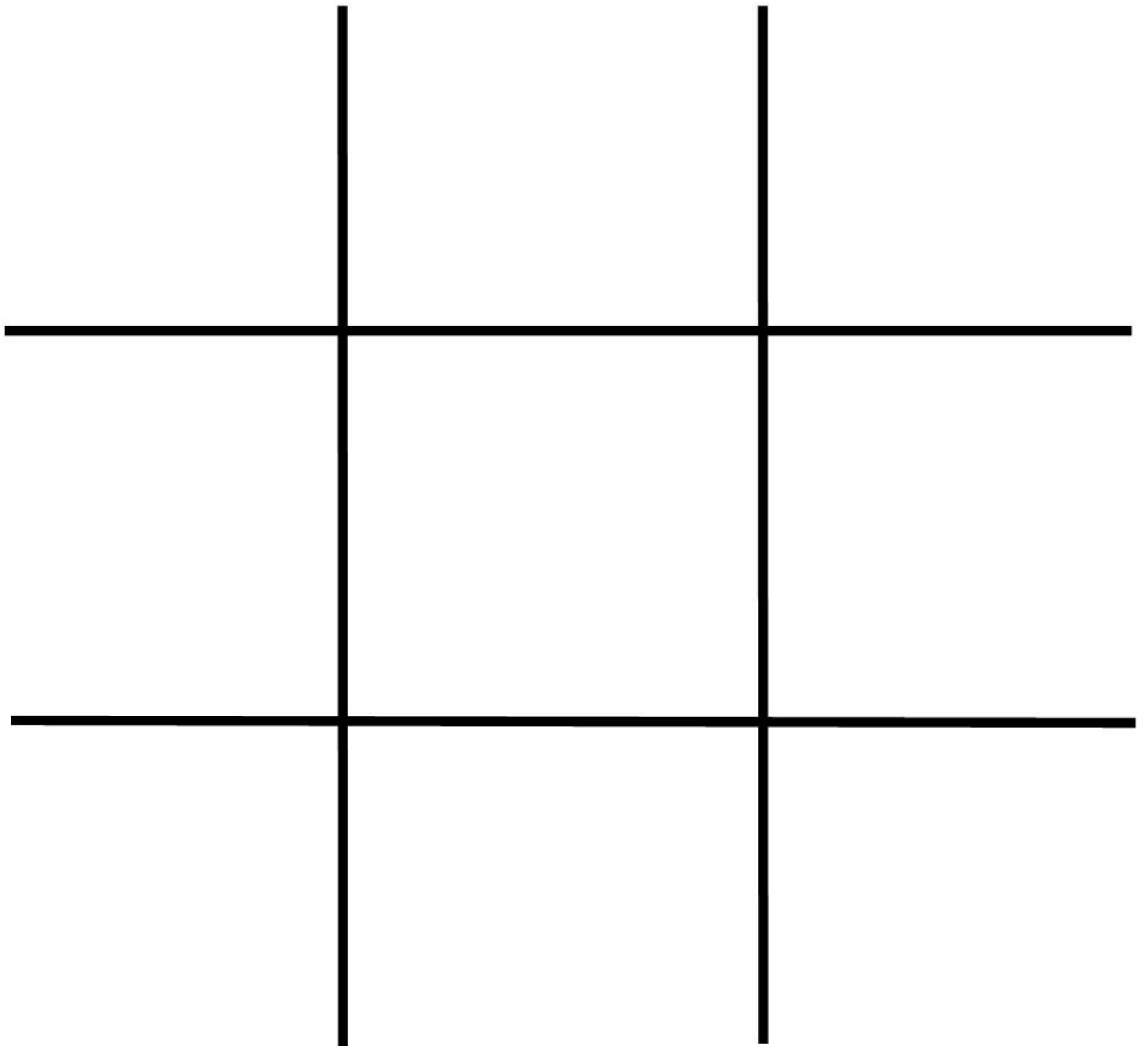


# PHYSICAL EDUCATION AT HOME



# Tic-Tac-Toe Relays

Directions: Find or create 4 markers for each person, 8 total. You can use pieces of paper for your markers. Place Tic-Tac-Toe Board on a table or floor across a room. At the same time both people run to the board with one marker and place on the grid, not on same space. Keep going back and forth until someone has made tic-tac-toe. If nobody makes 3 in a row after all 8 markers have been used continue game by moving one marker at a time until a Tic-Tac-Toe has been made.

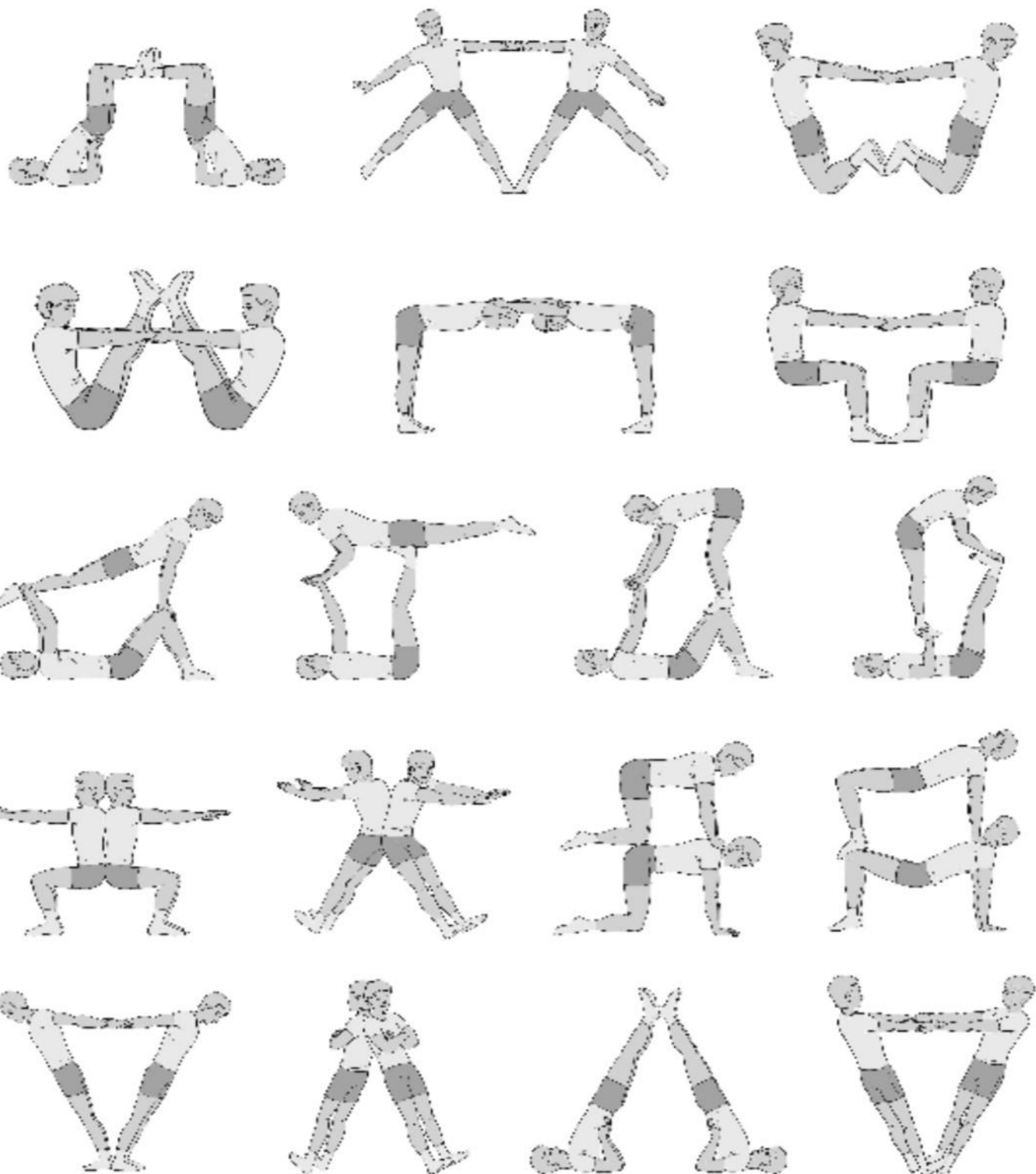


Directions: Hold each balance for a minimum of 5 seconds and then cross off the board. Try to see how many different ways you can get Bingo on the board. You can also play with a partner and take turns attempting different balances to make a Bingo

Balance Bingo				
 HALFWAY HANDSTAND	 BROKEN CANDLESTICK	 SPLIT STAND	 THE PEG LEG	 THE ANKLE HOLD
 PLANK	 SIDE PLANK	 ELBOW STAND	 SUNSHINE	 BRIDGE
 TOE TOUCH	 SITTING TOE TOUCH	FREE  SPACE	 WARRIOR	 SIDWAYS STRETCH
 DAZZLER	 LAZY TOE TOUCH	 TOE POINTER	 SPLIT	 AIR CHAIR
 HANDSTAND	 HEADSTAND	 TRIPOD	 CANDLESTICK	 HANDSTAND STRADDLE

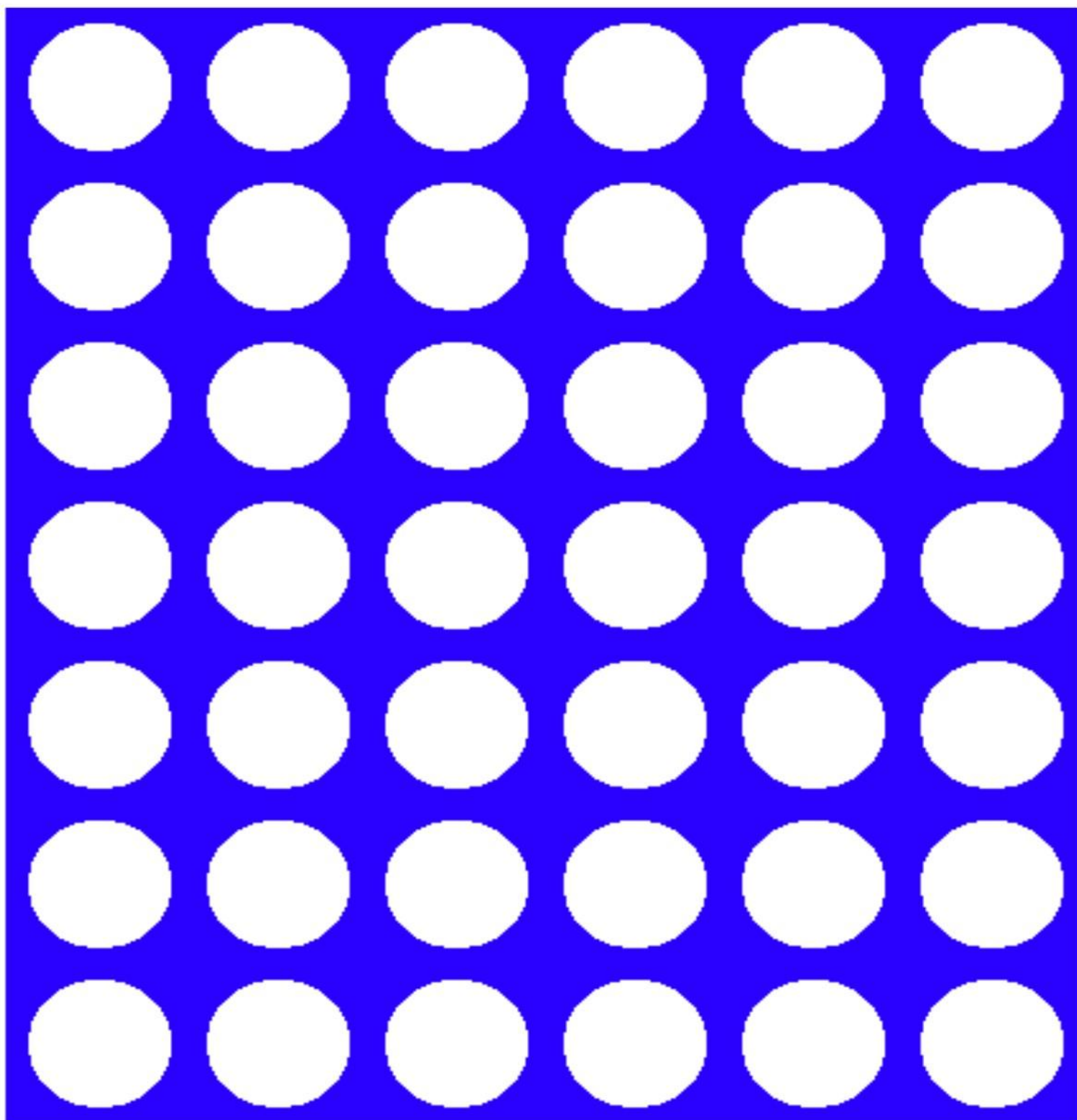
Directions: Work with a partner and try to complete as many balances as possible. Any balance you and your partner can hold for 5 seconds or more cross off and try the next balance.

# 2-PERSON BALANCES



# Connect-4 Relays

Directions: Use a pen, pencil, crayon, or marker. Place Connect-4 Board on a table or floor across a room. At the same time both people run to the board and mark one space at a time. Keep going back and forth until someone has made Connect-4.



# Create Your Own

## Obstacle Course

Look around for objects/items in your house to create your own obstacle course. Time yourself going around and try to get faster each time.

Ideas & suggestions:

- Use water bottles for cones to jump over or run around
- Use bed sheets to create a tunnel
- Perform an exercise at a specific location in a room
- Climb up on a chair to jump off
- Use painters tape on the floor for a balance beam

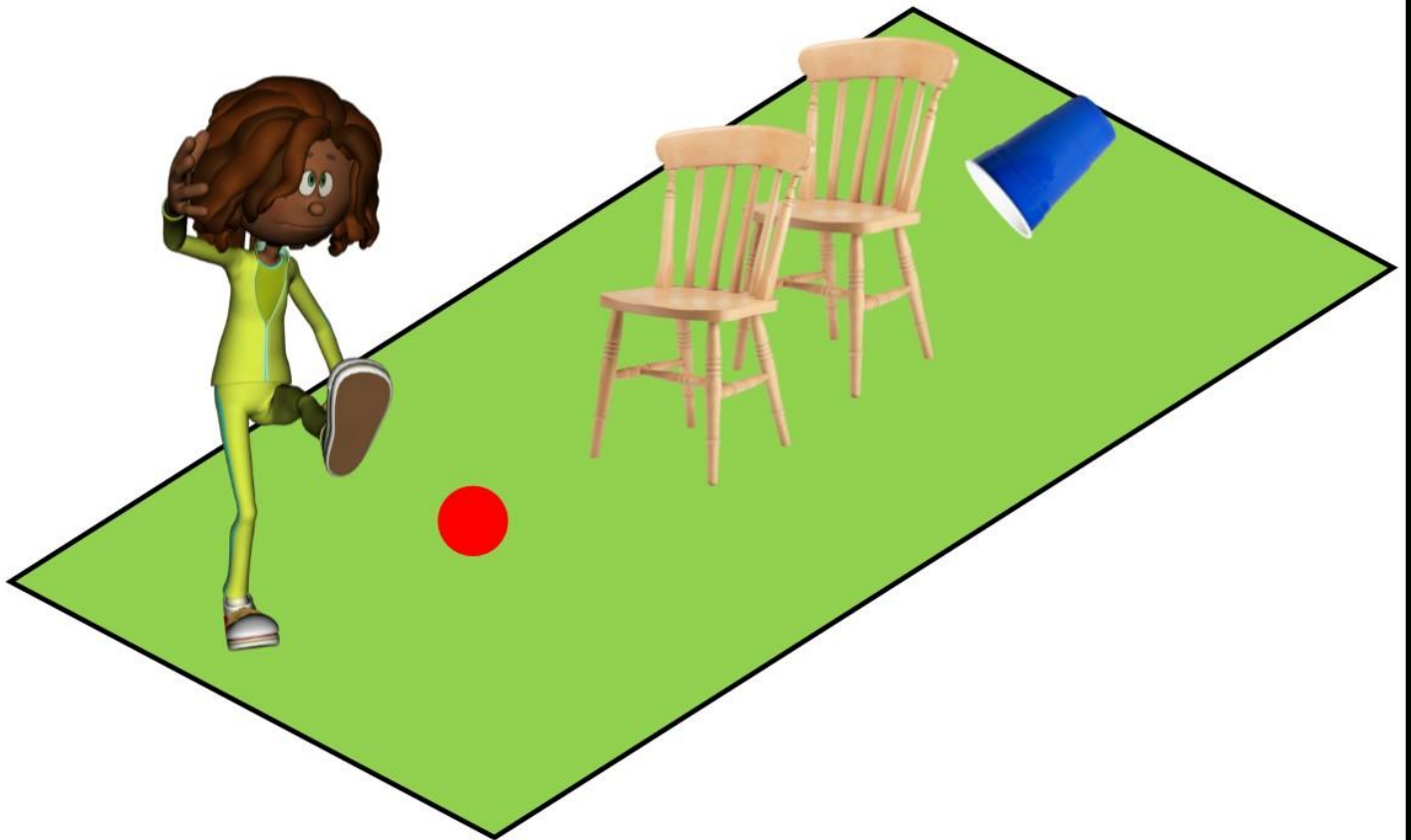
## Game

Think of an original game that you could teach your class when returning to school. Things to include:

- Equipment needed
- Explanation of how to play
- Safety Rules
- How to make teams or partners
- How to keep score or track points
- Name of activity

# Foot Mini Golf

Use items at home to create your own mini-golf hole. Use a small ball of any kind as your golf ball and your foot as the putter.



# Family Workouts

Directions: Gather the family around! Set a timer for 4 or 6 minutes. Perform each exercise for 20 seconds, rest for 10 seconds in between.

## Workout #1

Jumping Jacks

Plank

Ski Jumps

Squats

## Workout #2

Jog in Place

Shoulder Taps

Jumping Jacks

Curl-ups

## Workout #3

Ski Jumps

Side Plank

High Knees

Push-ups





## Playing Card Fitness



Directions: Place a deck of playing cards on a table or the floor. Make sure you enough space to perform exercises safely. You can play individually , with a partner, or as a family. Take one card at a time and perform the exercise the number of times on the card. ( Example: 4 of hearts, perform exercise 4 times.) All face cards count as 10, Ace is Wild Cards and you may choose your exercise and how many times to perform.

Here are some examples:



Jumping Jacks



Ski Jumps



Push-ups



Squats

Elbow Plank Up/Down

Jog in Place

Curl-Ups

Squat Jumps

Hop on 1 Foot

Invisible Jump Rope

Side Plank

Tree Pose

# Rock, Paper, Scissors Fitness

Directions: Play Rock, Paper, Scissors with a partner. Look at the symbols below and match your combination to the exercise. Perform each exercise 10 times and play again.

Create your own exercises for the next game




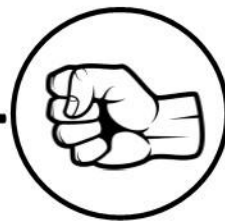
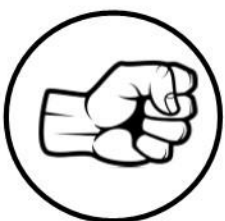
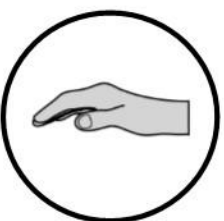
**Rock**  
beats Scissors


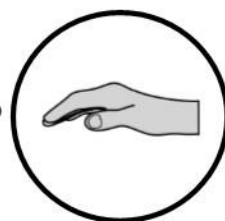








**Paper**  
beats Rock



**Scissors**  
beats Paper

 +  = JUMPING JACKS      +  = SKI JUMPS

 +  = SHOULDER TAPS      +  = BICYCLES

 +  = PUSH-UPS      +  = SQUATS

# JUGGLING SCARVES

Directions: Use a plastic grocery bag or Kleenex as a replacement for a juggling scarf. Complete as many challenges below as possible

1. Draw the alphabet in the air
2. Draw shapes in the air at all 3 levels (high, medium, low)
3. Make a Zig Zag motion to the beat of a song and change levels
4. Toss & Catch with 2 hands
5. Right Hand Toss, Right Hand Catch
6. Left Hand Toss, Left Hand Catch
7. Alternate Hands: Toss Right, Catch Left, Toss Left, Catch Right (catch at different levels)
8. Drop and Catch (ball up scarf in hand, try to catch before it touches the ground)
9. Toss and Catch Low (let it float down as close to the ground as possible, switch hands)
10. Toss and Catch High (jump and catch scarf at highest point)
11. Toss, Clap, Catch
12. Toss, Catch on Different Body Part (head, shoulder, foot, back, etc)
13. Toss, Clap, Catch on Different Body Part
14. Toss, Clap as Many Times as Possible, Catch (set your record)
15. Toss, Sit, Catch
16. Toss, Spin, Catch
17. Toss, Touch Floor, Catch

# Skee Ball

Directions: Find 6 buckets, pots, pans, bowls, or anything else you can throw a ball into . Set-up the objects in a triangle pattern and assign points to each object. Play against yourself by trying to improve your score each round, or against a partner. After 10 underhand tosses count up your total. Play again!

Example Set-up:



3  
P  
O  
I  
N  
T

2  
P  
O  
I  
N  
T

1  
P  
O  
I  
N  
T



## Overhand Throw

**Directions:** Hang the target on a wall. Throw a ball at the target 10 times, count how many times you hit the target, record your score. Try to beat your score each round.

Stand further back from target and repeat.

If you don't have a ball, roll up a pair of socks.

ROUND 1

ROUND 2

ROUND 3

ROUND 4

## Underhand Throw

**Directions:** Hang the target on a wall. Throw a ball at the target 10 times, count how many times you hit the target, record your score. Try to beat your score each round.

Stand further back from target and repeat.

If you don't have a ball, roll up a pair of socks.

ROUND 1

ROUND 2

ROUND 3

ROUND 4



# ACTIVITY LOG

<u>Week 1</u>	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>
Activities					
Total Minutes of Activity					

<u>Week 2</u>	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>
Activities					
Total Minutes of Activity					

Student Name \_\_\_\_\_

Parent Signature \_\_\_\_\_

## Online Links

Avengers Workout

<https://www.youtube.com/watch?v=jyWyBern6q4>

Spider-Man Workout

[https://www.youtube.com/watch?v=YC\\_V8hnU2PY&t=52s](https://www.youtube.com/watch?v=YC_V8hnU2PY&t=52s)

Black Panther Workout

<https://www.youtube.com/watch?v=9SDWArXm4mA&t=2s>

Captain America Workout

<https://www.youtube.com/watch?v=QL2C0X3Gx1U&t=26s>

Iron Man Workout

[https://www.youtube.com/watch?v=udK\\_PRSeVPI&t=26s](https://www.youtube.com/watch?v=udK_PRSeVPI&t=26s)

Guardians of the Galaxy Workout

<https://www.youtube.com/watch?v=y2nURI5xOWU>

Batman Workout: Part 1

<https://www.youtube.com/watch?v=MU7StZxAwJ0>

Batman Workout: Part 2

<https://www.youtube.com/watch?v=6QEVmcgkWMA>

Harry Potter Workout

<https://www.youtube.com/watch?v=fu-ZCwMrvKc&t=50s>

Harry Potter Workout #2

<https://www.youtube.com/watch?v=TBGOZIZ2-DY&t=83s>

Peanut Butter Jelly Dance

<https://www.youtube.com/watch?v=QI3Eww5nkrc>



Just Dance: That Power

<https://www.youtube.com/watch?v=f3XyYOLfTU4>

Just Dance: Animals

<https://www.youtube.com/watch?v=0WwrcEm9TAI>

Just Dance: Old Town Road

<https://www.youtube.com/watch?v=dx6wHN0VsJo>

Just Dance: Sunflower

<https://www.youtube.com/watch?v=ByR75vokUUs>

Physical Snacks Channel

<https://www.youtube.com/watch?v=3-TcZ7yqevl&list=PLRgEBBofOp7TBA4xgSbFUjY5gileoqkO-&index=7>

Star Wars Mindful Minute #1

<https://www.youtube.com/watch?v=Wfrpv6qpDec>

Star Wars Mindful Minute #2

<https://www.youtube.com/watch?v=ymackG7rLNY>

Would You Rather Workout

<https://www.youtube.com/watch?v=Paidh0xw-y4&list=PLiDb5S-CZDKDxkZ6LOqiIVU9vwDXEt1kD&index=4>

Basketball Challenges by Kevin Tiller

[https://www.youtube.com/watch?time\\_continue=11&v=7\\_5SjJnZ96M&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=11&v=7_5SjJnZ96M&feature=emb_logo)

Basket & n Ball Challenges by Kevin Tiller

[https://www.youtube.com/watch?v=tLVN\\_4rOqCU&list=PLiDb5S-CZDKCLPKZeN0zNfXb-PD4bE60U&index=6&t=366s](https://www.youtube.com/watch?v=tLVN_4rOqCU&list=PLiDb5S-CZDKCLPKZeN0zNfXb-PD4bE60U&index=6&t=366s)

Juggling Scarves by Kevin Tiller

<https://www.youtube.com/watch?v=sQ8TKt5H2uc&list=PLiDb5S-CZDKCLPKZeN0zNfXb-PD4bE60U&index=16>

Brain Bites by Lynn Hefele

<https://www.youtube.com/watch?v=9HfW3mJI2EU&list=PLEIsA9fRR2ekmY6wbJlsmBGLclOPTaFsk>