

# PHYSICAL EDUCATION DIGITAL CHOICE BOARD

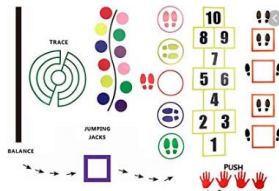
Grade Level: K-5

Subject: Physical Education

Students, welcome to a fun, new learning experience! Choose an activity to start.

## Obstacle Course

Design your own indoor or outdoor obstacle course.



## Dance Party

Get your heart beating and dance along with the [Kidz Bop](#) crew



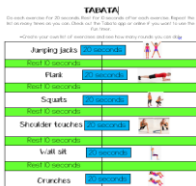
## Spell your name fitness

Spell out your name and do the activities on that go with each letter. See directions below.



## Tabata

Use directions below to see exercises to do 3-5 rounds of Tabata.



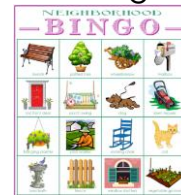
## Cosmic Yoga

Go to [Cosmic Yoga](#) and pick one or more yoga sessions to do by yourself or with your family.



## Scavenger Hunt Bingo

Go on a scavenger hunt around your neighborhood using the provided bingo board.



## Walk the block

Take a walk/jog around the neighborhood/block with your family. Pick an exercise to do at each stop sign.



## Fitness shuffle

Use half a deck of cards. Draw one card, see what exercise you get to do! See directions below for help.



## GoNoodle

Sign into [GoNoodle](#). Pick from a variety of activities to complete together.!



# Fitness Shuffle

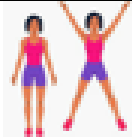



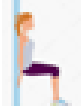

Use half a deck of cards (26 cards). Make sure to remove the jokers. Take turns drawing a card and doing the activity that goes with each card. If you draw a numbered card, you will do the exercise that goes with the shape/suit. The number on the card determines how many to do of that exercise. If you draw a face card (Jack, Queen, King, or Ace) you do the exercise that goes with that card.

**Example:** If you draw a 3 of hearts, you would do 3 jumping jacks. If you draw a Jack, then you jog in place for 30 seconds.

Cards #1-10	Face cards: Jack, Queen, King, Ace
 Jumping Jacks 	 Jog in place for 30 seconds
 Crunches 	 Wall sit for 20 seconds 
 Shoulder touches 	 Plank for 20 seconds 
 Burpees 	 20 Mountain climbers 

# Tabata

Do the first exercise for 20 seconds, then rest for 10 seconds. Repeat this pattern until you finish all six exercises. Do the list of exercises 3 to 5 times. You can also mix up the exercises each time you complete the list or make up your own list of exercises.

Jumping jacks	20 seconds	
Rest 10 seconds		
Plank	20 seconds	
Rest 10 seconds		
Squats	20 seconds	
Rest 10 seconds		
Shoulder touches	20 seconds	
Rest 10 seconds		
Wall sit	20 seconds	
Rest 10 seconds		
Crunches	20 seconds	
















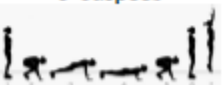


## Spell your name fitness

Spell out your name and do the exercise that goes with each letter. You can do your first, middle, and last name. Get creative and spell your name backwards or use a family member or friend's name the next time you do the activity. Have fun!

A- 20 mountain climbers	N- Jog in place 30 seconds
B- 8 Burpees	O- Crab walk 20 seconds
C- 10 Push ups	P- Fast feet in place 20 seconds
D- 20 crunches	Q- 8 Burpees
E- 20 second plank	R- 25 Skier jumps
F- 20 Jumping jacks	S- Bear crawl 20 seconds
G- 10 Frog jumps	T- 20 Side to side jumps
H- Balance or hop on one foot-20 seconds	U- Jog in place 30 seconds
I- 20 Shoulder touches	V- 15 Squats
J- 30 second Wall sit	W- 20 crunches
K- 20 seconds arm circles	X- Balance or hop on one foot 20 seconds
L- 20 second High knees	Y- 20 second Plank
M- Jump rope/air jump rope 30 seconds	Z- 20 jumping jacks

# Neighborhood Scavenger Hunt Bingo

Find as many items as you can and complete the different exercises. Can you fill in your entire bingo card?

B	I	N	G	O
<p>10 high five sit ups with a partner</p> 	<p>A stick in the shape of a Y</p> 	<p>20 Skier jumps</p> 	<p>Mailbox</p> 	<p>20 mountain climbers</p> 
<p>A red door</p> 	<p>Do 15 squats</p> 	<p>Birds nest</p> 	<p>25 shoulder touches</p> 	<p>Animal tracks</p> 
<p>20 second plank</p> 	<p>Bench</p> 	<p>25 jumping jacks</p> 	<p>Rocking chair</p> 	<p>Run in place as fast as you can for 30 seconds</p>
<p>A cat or dog</p> 	<p>5 burpees</p> 	<p>Lawnmower</p> 	<p>High knees for 20 seconds</p> 	<p>American flag</p> 