

PE Choice Board



Bear crawl from one end of your house to the other



Ride a bike, scooter or skateboard.



Walk around like a dinosaur. Can you create a dinosaur dance?

Set up an obstacle course. Jump over toys, go through chairs, or go around pots.

ALPHABET



Choose any exercise and do it while you sing the alphabet



Go for a walk with someone special.



Using your body to make letters, spell your last name



Roll a dice. Do any exercise that number of times



Help your family and vacuum/sweep the floors in the house



Do 20 jumping jacks



Kick a football at a target or to a person.



Count how many skips you can do with a rope. Can you beat your score?



Play a game of musical statues.



Try out some yoga poses



Go for a run or jog

GoNoodle

Do a go noodle