3-5 P.E. Choice Board

Pick one a day while working remotely.

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| **Deck of Cards**Standard 52-card deck - WikipediaUse the Deck of Cards generator and pull a random card from the deck. Do the exercise that matches your card. Perform for 15 cards<https://deck.of.cards/> A-15 jumping jacksK- 5 burpeesQ- 14 side to side jumpsJ- Freebie10- 15 squats9- 10 curl ups8- 10 arm circles7- 10 calf raises6- plank for 30 seconds5- 10 push ups4- 7 lunges3- 8 mountain climbers2- jog 2 laps around your house or gym | **Play Fitnopoly** (Replace Pacer laps with laps around your room)[https://fultonk12-my.sharepoint.com/:p:/g/personal/poper1\_fultonschools\_org/EUAj-pcjBYZDgOnL41fuPSsBAtUic6xXtNA9t4mkgjniWw?e=pE8b1A](https://fultonk12-my.sharepoint.com/%3Ap%3A/g/personal/poper1_fultonschools_org/EUAj-pcjBYZDgOnL41fuPSsBAtUic6xXtNA9t4mkgjniWw?e=pE8b1A)  | **Scavenger Hunt**53-538274_image-magnifying-glass-scavenger-hunt-clipart - Katz JCCComplete the following Scavenger hunt-find matching socks & do 20 jumping jacks- Something small and important to you & do a plank for 20 seconds-A stuffed animal and 10 burpees- . A pair of P.E. appropriate shoes & 15 squats-A spoon & March in place for 20 seconds-Something round & 10 push ups-Something Blue & 20 high knees- A water bottle 45 second jog in place- A blanket or towel & 15 jumps- Two food items & 12 lunges  |
| **Game Time**Complete the following activities:* Play Rock, Paper, Scissors with a friend or family member. The winner of each game gets to pick an exercise for the both of you to complete.
* Pick your favorite color and complete either red, blue, yellow, or green workout. Repeat for 12 minutes.

[https://fultonk12-my.sharepoint.com/:b:/g/personal/poper1\_fultonschools\_org/EYuCs-Yc3hBIrwa0luv4IlgBpq45YeVD1Xa095YT6mGKkg?e=BsO19t](https://fultonk12-my.sharepoint.com/%3Ab%3A/g/personal/poper1_fultonschools_org/EYuCs-Yc3hBIrwa0luv4IlgBpq45YeVD1Xa095YT6mGKkg?e=BsO19t)* Walk 5 minutes to cool down
 | **Dance/Activity Time**8,222 Hip Hop Dance Cliparts, Stock Vector and Royalty Free Hip Hop Dance  IllustrationsComplete all of the following activities:* Create your own dance to your favorite song. Perform the dance in front of one family member.
* Use the following Youtube video to follow along and dance

<https://www.youtube.com/watch?v=QlV_armJL1Y>* Run as fast as you can outside for 30 seconds. Take a 1-minute break. Repeat 5 times.
 | **Movie Guess Who**Free Movie Cliparts, Download Free Movie Cliparts png images, Free ClipArts  on Clipart LibraryComplete the Guess Who Movie powerpoint[https://fultonk12-my.sharepoint.com/:p:/g/personal/poper1\_fultonschools\_org/EaAoPIgMtt1Jqkt5Qsv6s9QBd1tz63q9yS\_V0eMkJJNlng?e=cTxTsm](https://fultonk12-my.sharepoint.com/%3Ap%3A/g/personal/poper1_fultonschools_org/EaAoPIgMtt1Jqkt5Qsv6s9QBd1tz63q9yS_V0eMkJJNlng?e=cTxTsm)  |
| **Food Guess**Complete the Guess what Food powerpointLunch Food Clipart Png Download Lunch Food Clipart - Clip Art Library[https://fultonk12-my.sharepoint.com/:p:/g/personal/poper1\_fultonschools\_org/Ec4ldAsfO71AsdFJKJG5njYB-lfdiqAZW84oY39LJWnp7A?e=5yiu5I](https://fultonk12-my.sharepoint.com/%3Ap%3A/g/personal/poper1_fultonschools_org/Ec4ldAsfO71AsdFJKJG5njYB-lfdiqAZW84oY39LJWnp7A?e=5yiu5I)  | **Card Fitness**Complete the following activities:Use the link below to complete Playing Card Fitness. You will need a deck of playing cards. If you do not have a deck of cards, you can write on a piece of paper several different paying cards with all suites on them-clubs, spades, hearts, and diamonds. Write a random number 1-9 on each. [https://fultonk12-my.sharepoint.com/:b:/g/personal/poper1\_fultonschools\_org/Ef7jtyRFoppAt7r3dw2I99IBh6mCaMoYl7NNrcQWTGRrag?e=97hGox](https://fultonk12-my.sharepoint.com/%3Ab%3A/g/personal/poper1_fultonschools_org/Ef7jtyRFoppAt7r3dw2I99IBh6mCaMoYl7NNrcQWTGRrag?e=97hGox) | **Game of Fitness Board Game**Play the Game of Fitness [https://fultonk12-my.sharepoint.com/:b:/g/personal/poper1\_fultonschools\_org/EYT3jWAk\_MRMp46KHT01U5EBN7TTpBqUezc1SDrINAQEEA?e=ByUz7w](https://fultonk12-my.sharepoint.com/%3Ab%3A/g/personal/poper1_fultonschools_org/EYT3jWAk_MRMp46KHT01U5EBN7TTpBqUezc1SDrINAQEEA?e=ByUz7w)  |