3-5 P.E. Choice Board

Pick one a day while working remotely.

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| **Deck of Cards**  Standard 52-card deck - Wikipedia  Use 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 jacks  K- 5 burpees  Q- 14 side to side jumps  J- Freebie  10- 15 squats  9- 10 curl ups  8- 10 arm circles  7- 10 calf raises  6- plank for 30 seconds  5- 10 push ups  4- 7 lunges  3- 8 mountain climbers  2- 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> | **Scavenger Hunt**  53-538274_image-magnifying-glass-scavenger-hunt-clipart - Katz JCC  Complete 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>   * Walk 5 minutes to cool down | **Dance/Activity Time**  8,222 Hip Hop Dance Cliparts, Stock Vector and Royalty Free Hip Hop Dance  Illustrations  Complete 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 Library  Complete the Guess Who Movie powerpoint  <https://fultonk12-my.sharepoint.com/:p:/g/personal/poper1_fultonschools_org/EaAoPIgMtt1Jqkt5Qsv6s9QBd1tz63q9yS_V0eMkJJNlng?e=cTxTsm> |
| **Food Guess**  Complete the Guess what Food powerpoint  Lunch 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> | **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> | **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> |