K-2 P.E. Choice Board

Pick one a day while working remotely.

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| **Character Battle & ARMP Workout**  Complete the following ARMP workouts  <https://fultonk12-my.sharepoint.com/:b:/g/personal/poper1_fultonschools_org/EbIpSJCLGzhAnAT_Z1F2FrMBBlJ2yGQL3Ka2Tqa1NZu_3w?e=ovPxc0>  <https://fultonk12-my.sharepoint.com/:b:/g/personal/poper1_fultonschools_org/EeOeC3v2KuxOuGP66WcCbg4BHhyMqE-mkmWtvvmGn9-CFw?e=6dvR39>  Complete the Character Battle Powperpoint  <https://fultonk12-my.sharepoint.com/:p:/g/personal/poper1_fultonschools_org/EZbCsdICZQZLogdMc3-aMbMBP4ix9GaTUGNpEvR0iYP4lQ?e=BGl98s> | **GET OUT & PLAY**  Go outside and complete the following list 2 times this week   1. Do 6 cartwheels or rolls 2. Take 15 GIANT steps 3. Run to the nearest building or built object 3 times 4. Hop on one foot 8 times-repeat with other foot 5. Spin around with your arms stretched out 10 times 6. Hop like a frog 7 times 7. Take 15 GIANT steps backwards 8. Walk like a crab to the nearest building or built object 9. Walk like a bear for 30 seconds 10. Dance around in a circle   Free Exercise Cliparts, Download Free Clip Art, Free Clip Art on ... | **Mission Possible - Task Sheet**  Complete the following missions  - Do 8 sit-ups in each corner of the room.  - Skip one lap around the room.  -Do 12 jumping jacks  - Touch all 4 walls of the room.  - Hop on one foot from one end of the room to the other.  - Do 15 pretend basketball shots. Nothing but net!  - Crab walk and touch 3 chairs  - Jog on the spot and sing “Row, Row, Row Your Boat”.  - Pretend to jump rope for 1 minute.  - Do a wall push-up on each wall in the room.  - Do any dance move for 30 seconds.  - Complete 20 bunny hops.  - Grapevine or shuffle across the room and back 2 times.  Complete these tasks alone or do missions together as a team.  Complete the missions in any order.  When you are done with the missions, do a star jump and yell “Mission Accomplished!” |
| **Adventure Time**  Complete the Adventure Time Powerpoint  <https://fultonk12-my.sharepoint.com/:p:/g/personal/poper1_fultonschools_org/ETwqgKM3yEpAhsefcN00GmMBuFydMlvHaWI59o_9rUazEA?e=diFwbe> | **Coin Fitness**  Complete coin fitness  <https://fultonk12-my.sharepoint.com/:b:/g/personal/poper1_fultonschools_org/ES_SGPMTNwVLg8eWOaDpu2wBjPLOf3xYw1B8A3CeWDQKKQ?e=d4AWV2>  Complete color fitness  <https://fultonk12-my.sharepoint.com/:b:/g/personal/poper1_fultonschools_org/EYuCs-Yc3hBIrwa0luv4IlgBpq45YeVD1Xa095YT6mGKkg?e=hkLOpn>  Top Quarter Coin Clipart Cdr - Quarter Coin Clipart Transparent PNG -  2400x2400 - Free Download on NicePNG | **STAR WARS WORKOUT**  Perform 10 of each exercise  **S**quats  **T**oe Touches  **A**rm circles  **R**un in place  **W**alk backwards  **A**rms overhead  **R**everse jumps  **S**tomp feet  Star Wars - Minus | Dibujos, Personajes animados |
| **OUTDOOR**  **ADVENTURE HUNT**  Free Outdoor Nature Cliparts, Download Free Outdoor Nature Cliparts png  images, Free ClipArts on Clipart Library  Go with a parent or guardian outside to find the following items.   * Something colorful * A pinecone * An acorn * Something smooth * Something rough * Two kinds of leaves * Two kind of sticks * Something bumpy * Something fuzzy * A flower or petal * Something you think is a treasure | **WHAT’S YOUR NAME?**  Spell your full name and complete the exercise listed for each letter.  **A-**10 jumping jacks  **B-**5 push-ups  **C**-5 burpees  **D-**20 high knees  **E-**5 crunches  **F-**10 mountain climbers  **G-**5 squats  **H-**10 lunges  **I-**10 side lunges  **J-**10 second wall sit  **K-**5 calf raises  **L-**30 second plank  **M-**10 jump squats  **N-**10 second jump rope  **O-**15 jumping jacks  **P-**15 side jumps  **Q-**10 arm circles  **R-**10 skates  **S-**20 second jog in place  **T-**10 butt kicks  **U-**5 burpees  **V-**10 tricep dips  **W-**20 jump in place  **X-**10 leg raises  **Y-**5 squats  **Z-**10 push-ups | **Boot Camp**  Kindergarten Boot Camp | BRAINS  Complete the following boot camp workouts  <https://fultonk12-my.sharepoint.com/:b:/g/personal/poper1_fultonschools_org/EbxIfRsAq-lDpHE8B4NTnrkByLqYSoRyWfW-99qBq_UW5w?e=4hrahr>  <https://fultonk12-my.sharepoint.com/:b:/g/personal/poper1_fultonschools_org/EQcPNDlLAkpKvOcOZJWPtp0BLw55lM0uW6AjEQQYBRAGKw?e=mFOeyz> |