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/%3Ab%3A/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](https://fultonk12-my.sharepoint.com/%3Ab%3A/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](https://fultonk12-my.sharepoint.com/%3Ap%3A/g/personal/poper1_fultonschools_org/EZbCsdICZQZLogdMc3-aMbMBP4ix9GaTUGNpEvR0iYP4lQ?e=BGl98s)  | **GET OUT & PLAY**Go outside and complete the following list 2 times this week1. 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](https://fultonk12-my.sharepoint.com/%3Ap%3A/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](https://fultonk12-my.sharepoint.com/%3Ab%3A/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](https://fultonk12-my.sharepoint.com/%3Ab%3A/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 LibraryGo 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 | BRAINSComplete 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/%3Ab%3A/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](https://fultonk12-my.sharepoint.com/%3Ab%3A/g/personal/poper1_fultonschools_org/EQcPNDlLAkpKvOcOZJWPtp0BLw55lM0uW6AjEQQYBRAGKw?e=mFOeyz)  |