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|--|--|--|---|---|
| <p>Warm-up 1 Spell your Name Name Workout - What's Your Name? Workout for Beginners</p> | <p>Warm-up 2 Playing Card Fitness Suite Fitness Cards Card workout, Fun workouts, Exercise for kids</p> | <p>Warm-up 3 Circuit Exercises for kids, Yoga for kids, Circuit workout</p> | <p>Warm-up 4 Super Hero Training https://www.pinterest.ca/pin/570268371559619810/</p> | <p>Warm-up 5 Dice Warm-up Mike Ginicola on Physical education games, Physical education activities, Physical education</p> |
| <p>Share Question 1 What are you grateful for today?</p> | <p style="text-align: center;"><u>Physical Activity Board Game</u></p> <p>Directions:</p> <ol style="list-style-type: none"> 1. Pick one warm-up each day from across the top to complete. 2. Choose one work-out/activity each day from across the bottom to complete. 3. Choose one Share Question each day from down the left side and share with your family. 4. Choose one Chore each day from down the right hand side to help out your family. 5. Choose different combinations for Week 2. 6. Feel free to take pictures/videos and share them with your PE teacher 7. Descriptions of Activities on following pages. <p style="text-align: center;">Always ask your parents before doing any of the activities and clean up whatever you use for the activities</p> <p style="text-align: center;">Thank you to Abigail Stewart, PE Specialist at Chebucto Heights Elementary, for sharing this game she made for her students.</p> | | | <p>Chore 1</p> <p>Make Your Bed</p> |
| <p>Share Question 2 Who can you check up on today?</p> | | | | <p>Chore 2</p> <p>Vacuum Your Home</p> |
| <p>Share Question 3 How do you feel about not being at school?</p> | | | | <p>Chore 3</p> <p>Do The Dishes</p> |
| <p>Share Question 4 How do you act when you're worried?</p> | | | | <p>Chore 4</p> <p>Clean Out the Car</p> |
| <p>Share Question 5 What made me happy today?</p> | | | | <p>Chore 5</p> <p>Wash The Windows</p> |
| <p>Work-out 1 Make an Obstacle Course https://www.youtube.com/watch?v=5fz9u0-ZFkE&feature=youtu.be</p> | <p>Work-out 2 Living Room Volleyball https://www.youtube.com/watch?v=QIF-kugge1Q&disable_polymer=true</p> | <p>Work-out 3 Yoga Cosmic Kids Yoga</p> | <p>Work-out 4 Teach yourself a Tik Tok dance TIKTOK DANCE CHOREOGRAPHY TIK TOK KIDZ BOP KIDS DANCE</p> | <p>Work-out 5 Basketball Challenges Download the app Homecourt and try some different basketball challenges</p> |

Warm-up 1

1. Spell your name.
2. Do the activity associated with each letter.

what's *fit activity for kids* your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

Warm-up 2

1. Get a deck of cards.
2. Draw 1 card
3. Do the exercise associated with that card
4. Repeat for a total of 5 cards.

PLAYING CARD FITNESS

A - STRETCH FOR 30 SECONDS

K - 15 JUMPING JACKS

Q - 34 SEC. PLANK

J - 9 LINE TOUCHES

10 - LINE JUMPS

9 - ARM CIRCLES

8 - CALF RAISES

7 - SUPERMANS

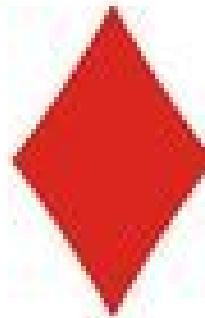
6 - BICYCLE SIT UPS

5 - JUMP TUCKS

4 - PUSH UPS

3 - VERTICAL JUMPS

2 - BURPEES



Warm-up 3

1. Complete each activity in order.
2. If you don't have a hula hoop, just do hip circles
3. Pretend you are on the monkey bars!

Circuit Workout for Kids



10 Jumping Jacks

15 Circles with the Hula Hoop

15-30 Seconds in Plank Position

Downward Facing Dog

Crab Walk

Run for 30-seconds

15 Circles with the Hula Hoop

Hop on One Foot

Hop on the Other

Run Up and Down Stairs

Pull-ups or Play on Monkey Bars























Warm-up 4

1. Do each activity once.

Superhero Action Training

Directions: Perform each action. Check it off when complete. Circle all the action verbs.

| | |
|---|--|
| <input type="checkbox"/> balance on one foot for 10 seconds  | <input type="checkbox"/> bend and touch your toes 10x  |
| <input type="checkbox"/> crawl forward for 10 feet  | <input type="checkbox"/> curl your body up and hold for 10 seconds  |
| <input type="checkbox"/> gallop for 10 steps  | <input type="checkbox"/> hop on one foot 10x  |
| <input type="checkbox"/> jump in place 10x  | <input type="checkbox"/> kneel up tall for 10 seconds  |
| <input type="checkbox"/> leap forward 10x  | <input type="checkbox"/> roll in a straight line for 10 feet  |
| <input type="checkbox"/> run in place for 10 seconds  | <input type="checkbox"/> sit and then stand up 10x  |
| <input type="checkbox"/> skip forward 10x  | <input type="checkbox"/> slide to the right 10x slide to the left 10x  |
| <input type="checkbox"/> stomp your feet in place 10x  | <input type="checkbox"/> straighten your body and hold for 10 seconds  |
| <input type="checkbox"/> stretch your legs for 10 seconds  | <input type="checkbox"/> twist your body to the right and left 10x  |
| <input type="checkbox"/> walk backwards for 10 steps  | <input type="checkbox"/> wiggle your body for 10 seconds  |

Go to www.YourTherapySource.com/superhero for the complete download

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Warm-up 5

1. Roll 2 Die.
2. Add them together.
3. See what activity you need to do.
4. Roll the die again to see how many reps of that activity to do.
5. Don't have dice? Write the numbers 1-6 on paper and draw them from a hat instead.

Created By: Mike Ginicola (@PhysEdDepot)

FIT DICE



ROLL 2 DICE

| IF YOU ROLLED | THEN YOU'LL DO THIS EXERCISE | ROLL THIS MANY DICE FOR # OF REPS |
|---------------|------------------------------|-----------------------------------|
| 2 | JUMPING JACKS | 4 DICE |
| 3 | PUSH-UPS | 3 DICE |
| 4 | CURL-UPS | 4 DICE |
| 5 | SQUAT JUMPS | 2 DICE |
| 6 | JOG IN PLACE | 4 DICE |
| 7 | FOREARM PLANK | 3 DICE |
| 8 | ARM CIRCLES | 4 DICE |
| 9 | SQUATS | 3 DICE |
| 10 | PUSH-UPS | 2 DICE |
| 11 | CURL-UPS | 3 DICE |
| 12 | JUMPING JACKS | 3 DICE |

Activity 1

1. Watch the video in the link for an example.

<https://www.youtube.com/watch?v=5fz9u0-ZFkE&feature=youtu.be>



Create your own obstacle course! 🏃 ⚽ 🏀 🏈 🎾

Rules for the activity:

1. Ask parent permission ✓
2. Design and create you very own "at home obstacle course" using items from around your house. Ninja warrior style!
3. Your course can be made inside or in your back yard.
4. Your course must contain at least 5 different obstacles (ex: over, under, around, balancing, aiming)

Activity 2

1. Watch the video in the link to see how to play.

<https://youtu.be/Olf-kuqqe1Q>

2. Find a space to play
3. Use a balloon or another light ball
4. Make a net (we used a couch)
5. See how many hits you can get without the balloon touching the floor.
6. Play a game to 15 points.

Activity 3

1. Follow the link to Cosmic Kids Yoga and check out the videos.
2. Choose one of interest and follow along.

<https://www.youtube.com/user/CosmicKidsYoga>



Activity 4

1. Follow the link for an example of a clean, child-friendly Tik Tok Video.
2. Teach yourself the dance.
3. Find your own Tik Tok dance to learn.

TIK TOK DANCE



Teach yourself a tik tok dance, practice it to perfection, and then perform it. Send the video to me!

Activity 5

1. Download the App “Homecourt” from the App Store for your smartphone (All features of the app are unlocked and free until April 30th.)
2. Try some different challenges
3. We like the target practice one in ball handling!

