

Adapted PE Activities to do at Home

GOAL: 60 Minutes Daily!

There are a LOT of ways to get 60 minutes of activity per day! Check out this list of possibilities... You can do many activities for shorter periods of time and add them together go reach 60 minutes!!

Walk/propel yourself around the block or store	Bike ride around the block	Outside chores (raking, mowing, sweeping walkways)
Playing catch (baseball/football)	Dance Party in the living room (YouTube Just Dance Videos)	Performing daily/weekly chores
Playing chase/tag with family	Jumping/swinging rope	Throw clean socks at a target
Flying a kite (make your own with a grocery bag and string)	Kicking a ball at a target	Pillow Fight
Video games that make you active (just dance, Wii sports, Xbox connect etc.)	Practice your tumbling (front roll, pencil roll, egg roll, log roll)	Go on a scavenger hunt (look for a dog, cat, bike, truck, bird, flowers, etc.)
Play yard games with family (corn hole, ladder ball)	Have sidewalk chalk – make squares and use it as a tossing target.	Yoga (YouTube Yoga for Beginners or Go noodle games)
Keep a balloon in the air with your (hands, head, or feet)	Bowling – knock down those empty plastic bottles	Park at the far end of the parking lot if you need to go to the store
Fitness Testing (Push-ups, Curl-ups, Stretching, Exercise Bands)	Lifting small weights (canned goods if you don't have weights)	Stretch it out – toe touches, reach to the sky, torso-twists, windmills
Play parachute with a bed sheet	Bounce and catch a ball	Dribble a ball like in soccer
Elementary age kids should practice locomotor skills around the house or outside: skipping, hopping, jumping, leaping, going under or over objects, and using stairs (if you have some). Bonus if you and your family Create an obstacle course that make you use these skills.		

Draw, write or list your answers to these questions:

What is your favorite activity to play inside?

What is your favorite activity to play outside?

What is your favorite game/activity to play with your family? Why.

What are some reasons why we should live physical active lifestyles?

Why should we be washing our hands with soap and warm water important?

When on a walk, what are things you see, feel, smell and hear?

What is your favorite Fruit to Eat?

What is your favorite vegetable to eat?

Make a meal that represents each food group?

Examples of exercises and stretches.



20 chest expansions



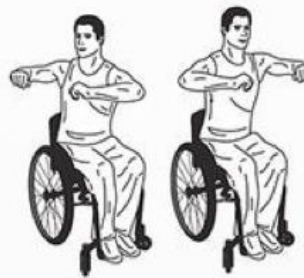
20 side arm raises



10 chest squeezes



20 dives



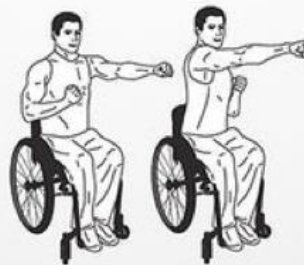
20 twists



10 circles



20 overhead punches



20 punches



10 speed circles

