

PE Choice Board



Use the Fill color tool to change the color in the cell for each activity you do!

Do 1 activity for each day we are out of school.



<p>Do some form of weights. If you don't have weights try this canned food workout</p>	<p>Meditate for 10 minutes Listen to these sounds!</p>	<p>Try this easy and quick 7 minute workout</p>	<p>Make a healthy food choice for your family. Focus on Fruits and Veggies!</p>
<p>Try this intro to yoga video</p>	<p>Eliminate an unhealthy food or drink choice for the day</p>	<p>Repeat an activity from ANY other square</p>	<p>Eat 3 servings of vegetables each day we are out of school.</p>
<p>Get 7-9 hours of sleep each day we are out of school.</p>	<p>Don't be a total COUCH POTATO! 10 Push Ups and 20 Seconds run in place while you binge on your favorite show</p>	<p>Try one of these Youtube Warmups with your family.</p>	<p>WAY TO GO! CAN YOU REPEAT?!?!</p>