

Physical Activities PK-1

Choose 2 activities a day to complete. Parents put a date beside the activities as they are finished. Many of these activities can be complete inside or outside.

- Wormie Exercises - Move in a large circle area with these different movements - Walk, gallop, crawl, skip, march, hop, run
- Create an obstacle course from items around the house
- Rock, Paper, Scissors: Winner-dance 30 seconds, Tie-crab or bear walk 30 seconds, Lose-10 exercises (push ups, sit ups, squats)
- Jump for Distance - Measure your jumps compare record jumps to compare at a later time
- Animal Tabata - Exercise for 45 sec. rest for 15 sec. Frog Jumps, Bear Walk, Gorilla, Elephant, Starfish Jumps, Cheetah Run, Crab Walk
- Turn the Music up and Dance - Create different dance moves and challenge each other to the moves.
- Follow the leader - You can include leapfrog games
- Musical Chairs
- Create a Hopscotch with jumps and hops
- Act out your favorite book
- Create your own bowling lane. You can use water bottles, soda cans, etc.
- Dice Exercises - Roll Dice 5 Exercises of each 1-Curl ups (sit-ups) 2- Push Ups, 3-Squats, 4-Jumping Jacks, 5-Crab Kicks, 6-Pretend Jump Rope
- Go for a Hike, Walk around the house, Adventure Walk
- Air up a balloon - Keep it up, use different body parts to contact balloon i.e. elbow, knee, Slam to the ground
- Sockball Fight - like a snowball fight but with socks
- Catch a Sock - toss a sock (or small soft ball) up and catch it. Can you clap and catch it? How many times can you clap and catch it?
- Throw a Sock (small soft ball) to different targets. How many times can you hit a target?
- Throw a sock (small ball) for distance. Measure distance keep record and try to beat it.
- Sock Potato - like hot potato but with a sock
- Laundry Basket Ball - use a laundry basket as a goal, practice your moves, go between legs, around body, figure 8, around head, ankles and then shoot.
- Towel Tag - Tag around the Towel, put a towel down long ways play tag around the towel
- Towel Tug of war - Play tug of war with a towel
- Towel Resistance Run- 1 person wears socks and holds end of towel, partner pulls them across the floor, try it pulling backwards
- Towel Jumps - Jump down the towel alternating feet in front of towel, jump feet together side to side along the towel
- Towel Squats - Straddle the towel squat to touch the towel then jump and turn facing the other way and squat again
- Towel Balance - Use the towel as a balance beam walk up and down, Stand with 1 foot on towel, reach with hand down to touch towel
- Jumbo Tic Tac Toe- Create a jumbo tic tac toe board have a start line. Each player runs to board and places their marker (can be anything that won't move). Run back and get 2nd piece run to place it on the board. 1st to 3 in a row wins
- Outdoor Kickball or Stickball - Use different objects for bases, use socks, small ball, have ghost runners.

Physical Activities 2-5

Choose 2 activities a day to complete. Parents put a date beside the activities as they are finished. Most of these activities can be completed inside or outside.

- Rock, Paper, Scissors: Winner-dance 30 seconds, Tie-crab or bear walk 30 seconds, Lose-10 exercises (push ups, sit ups, squats)
- Create an obstacle course from items around the house
- Class Daily Exercises - Rolls, Planks, Push Ups, Squats, Jumps, 3 Reps each Switch up movement - wide, narrow, 1 in front of other
- Class Movement - Bear Crawl, Crab Walk, Gallop with arms, Sideslide Arms, Karaoke in front, behind, combined, Falling start sprints
- Jump for Distance - Measure your jumps compare record jumps to compare at a later time
- Turn the Music up and Dance - Create different dance moves and challenge each other to the moves.
- Create your own bowling lane. You can use water bottles, soda cans, etc.
- Dice Exercises - Roll Dice 5 Exercises of each 1-Curl ups (sit-ups) 2- Push Ups, 3-Squats, 4-Jumping Jacks, 5-Crab Kicks, 6-Pretend Jump Rope
- Go for a Hike, Walk around the house, Adventure Walk
- Air up a balloon - Keep it up, use different body parts to contact balloon i.e. elbow, knee, Slam to the ground
- Cup Stacking - if you have plastic cups at home see if you can stack them in a pyramid and how quickly you can combine them into one stack again. Time to see if you can get faster
- Soccer Skills - using a small ball or socks, work on footwork for dribbling, kicking to a target
- Teach your favorite PE game - Try to recreate your favorite game at home.
- Food Label Frenzy - Pick an item from pantry follow the label for the number of exercises. Sugar: Jumping Jacks, Carbs: Pushups, Fat: Curl Ups/Sit Ups, Protein: Mt. Climber
- Sockball Fight - like a snowball fight but with socks
- Catch a Sock - toss a sock (or small soft ball) up and catch it. Can you clap and catch it? How many times can you clap and catch it?
- Throw a Sock (small soft ball) to different targets. How many times can you hit a target?
- Throw a sock (small ball) for distance.
- Sock Potato - like hot potato but with a sock
- Laundry Basket Ball - use a laundry basket as a goal, practice your moves, go between legs, around body, figure 8, around head, ankles and then shoot.
- Towel Tag - Tag around the Towel, put a towel down long ways play tag around the towel
- Towel Tug of war - Play tug of war with a towel
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- Outdoor Kickball or Stickball - Use different objects for bases, use socks, small ball, have ghost runners.