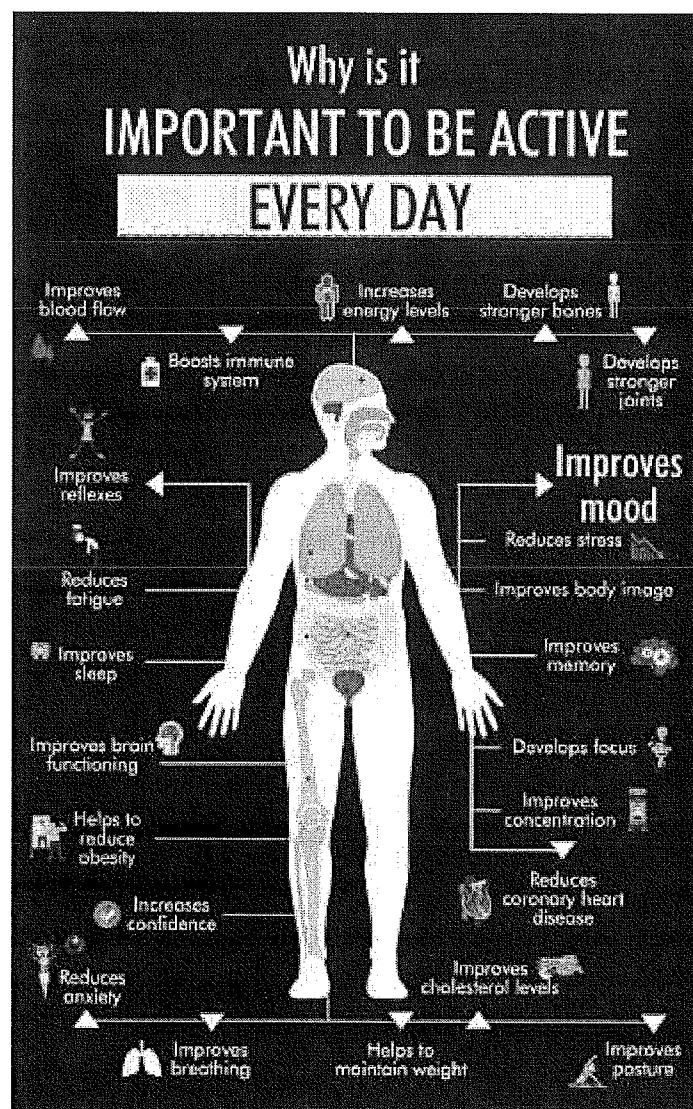


## More at Home Physical Education Activities

Cardinal Nation if you need more ideas to get in your physical activity for the day either by yourself or with your family then try out some of the following activities! Don't forget to get permission from a parent and play safe!



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**Looking for something specific check here first.**

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## Activity #1

# Create Your Own Obstacle Course

### Inside

Look around for things in your house to create your own obstacle course. Then you can time yourself or your family members to see how fast they can get through it.

#### Ideas:

- Use water bottles for cones to jump over or run around
- Use bed sheets or blankets to create a tunnel
- Perform an exercise at a specific location in a room
- Climb over a chair or crawl under
- Use painters tape on the floor for a balance beam
- Use pillows to go over or around
- Think of going over or under or around obstacles
- Use any locomotor skills we've learned: skipping, hopping, jumping, galloping, bear crawls, crab walks, seal walks, running, etc.

### Outside

Look around for things outside to create your own obstacle course. Then time yourself or family members to see how fast they can get through it.

#### Ideas:

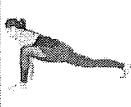



























- Use any swing sets or outdoor play structures
- Use logs or sticks to jump or walk over
- Use boards without nails or something similar to balance on safely
- Use chalk on a sidewalk to create ladders or hands and feet to follow
- Use jump ropes or outside toys to create obstacles
- Use any natural landscapes such as rocks, hills, or ditches that are safe
- Use any soccer or basketball goals as part of the course
- Use any old tires with permission
- Use your throwing and kicking skills
- Use any locomotor skills we've learned: skipping, hopping, jumping, galloping, bear crawls, crab walks, seal walks, running etc.

## Activity # 2

@BLOGILATES

# #StretchRevolution

28 days of stretches! Hold each pose for 1 min each side.

WEEK 1: LEGS & HIPS						
1. 	2. 	3. 	4. 	5. 	6. 	7. 
WEEK 2: BACK						
8. 	9. 	10. 	11. 	12. 	13. 	14. 
WEEK 3: CHEST & SHOULDERS						
15. 	16. 	17. 	18. 	19. 	20. 	21. 
WEEK 4: TOTAL BODY						
22. 	23. 	24. 	25. 	26. 	27. 	28. 

@blogilates

# GROSS MOTOR BINGO

*on the go!*

Skip	10 Second Plank	5 Karate Kicks	15 Toe Touches	5 Push Ups
5 Frog Jumps	10 Ski Jumps	10 High Knees	25 Jumping Jacks	10 Arm Circles
5 Tuck Jumps	10 Hops Left Foot	10 Giant Steps	10 Step Ups	20 Heel Raises
10 Wall Jumps	Walk on tip toes	Crab Walk	Run Fast 20 seconds	Your Choice!
10 Wall Jumps	Wheelbarrow Walk	10 Hops Right Foot	Walk on your heels	10 Star Jumps

*get up, get moving*  
[www.theinspiredtreehouse.com](http://www.theinspiredtreehouse.com)

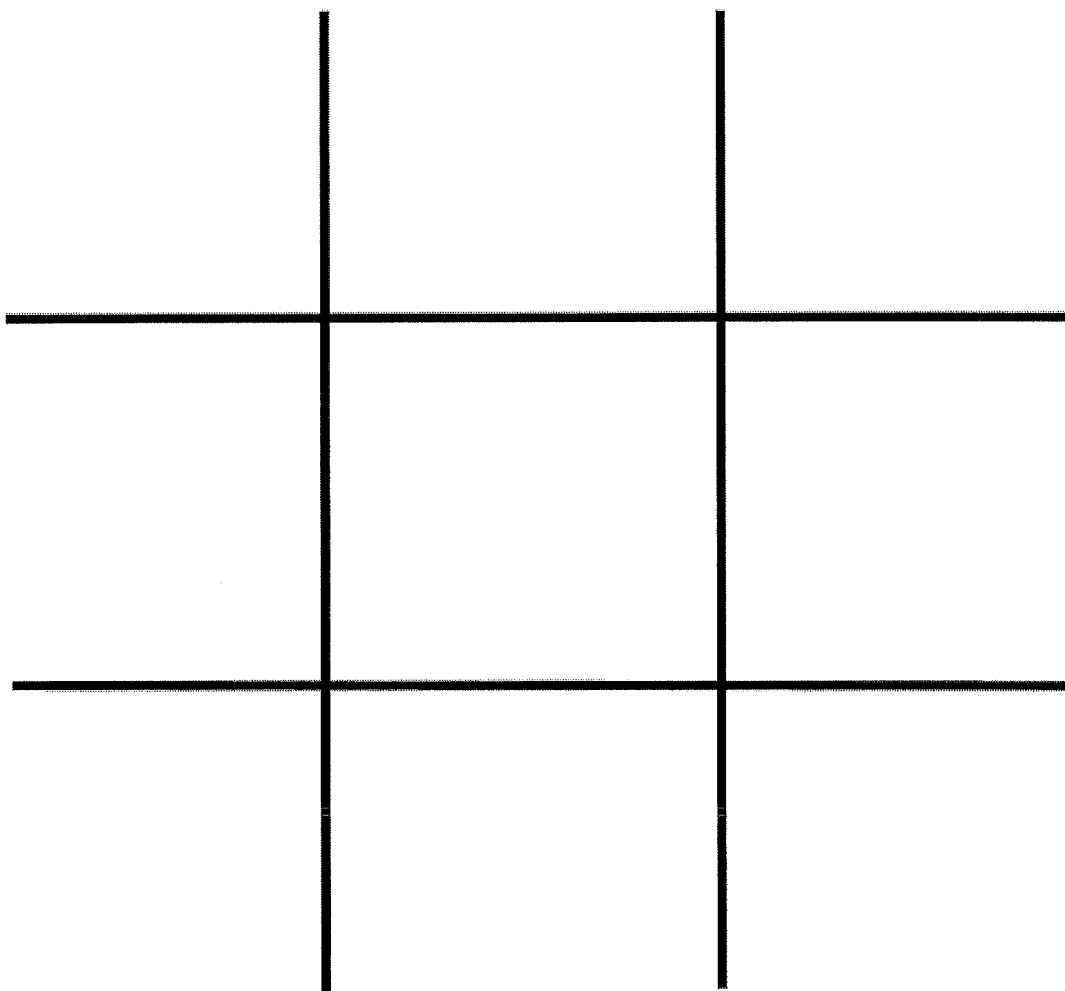
# Fit activity for kids what's your name?

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.

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

























## Tic-Tac-Toe Relays

Directions: Find or create 4 markers for each person, 8 total. You can use pieces of paper for your markers. Place Tic-Tac-Toe Board on a table or floor across a room. At the same time both people run to the board with one marker and place on the grid, not on same space. Keep going back and forth until someone has made tic-tac-toe. If nobody makes 3 in a row after all 8 markers have been used continue game by moving one marker at a time until a Tic-Tac-Toe has been made.





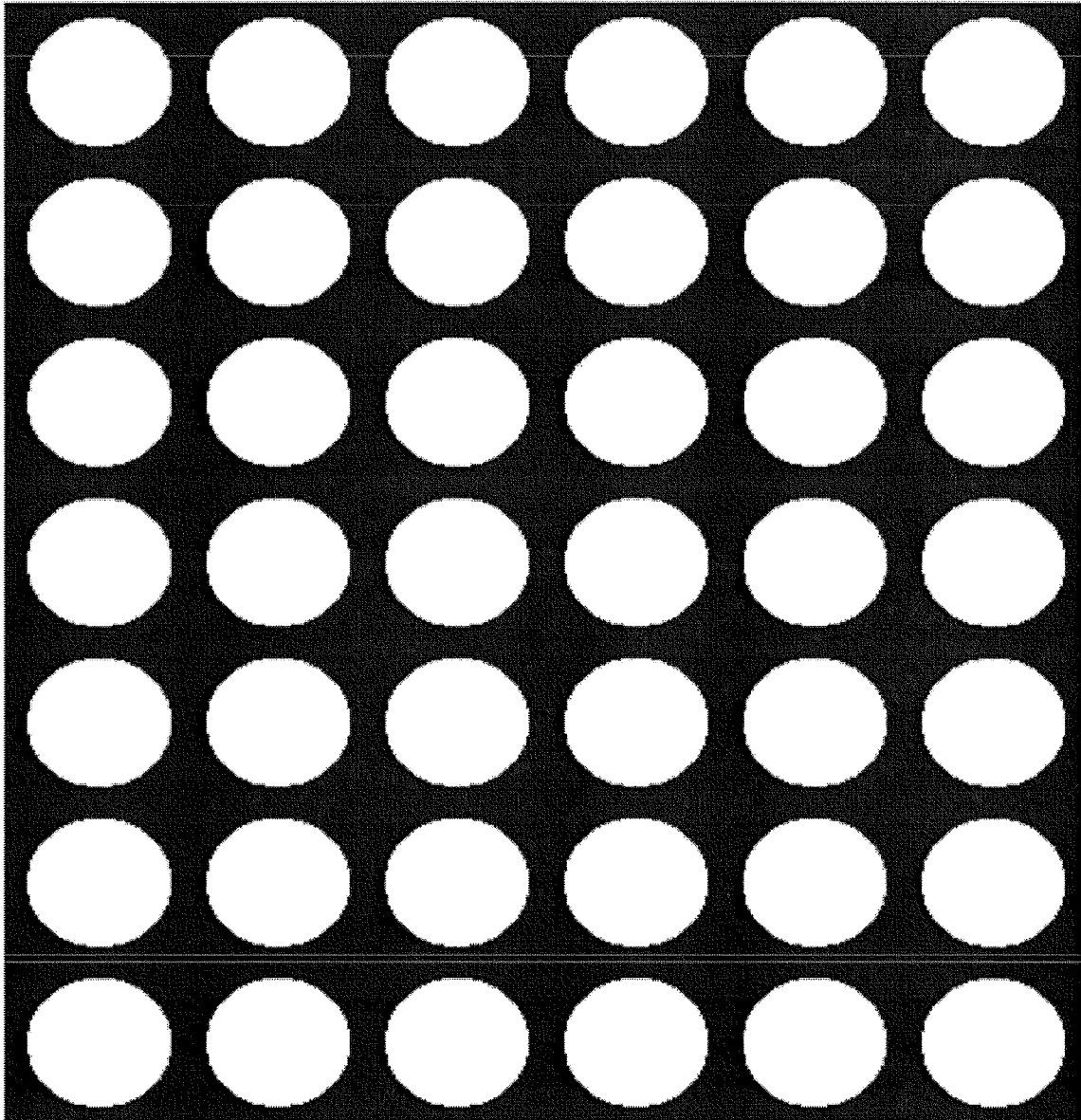
Directions: Hold each balance for a minimum of 5 seconds and then cross off the board. Try to see how many different ways you can get Bingo on the board. You can also play with a partner and take turns attempting different balances to make a Bingo

Balance Bingo				
 HALFWAY HANDSTAND	 BROKEN CANDLESTICK	 SPLIT STAND	 THE PEG LEG	 THE ANKLE HOLD
 PLANK	 SIDE PLANK	 ELBOW STAND	 SUNSHINE	 BRIDGE
 TOE TOUCH	 SITTING TOE TOUCH	FREE  SPACE	 WARRIOR	 SIDEWAYS STRETCH
 DAZZLER	 LAZY TOE TOUCH	 TOE POINTER	 SPLIT	 AIR CHAIR
 HANDSTAND	 HEADSTAND	 TRIPOD	 CANDLESTICK	 HANDSTAND STRADDLE

Balance Sheet created by Ben Landers, @thepespecialist

## Connect-4 Relays

Directions: Use a pen, pencil, crayon, or marker. Place Connect-4 Board on a table or floor across a room. At the same time both people run to the board and mark one space at a time. Keep going back and forth until someone has made Connect-4.



# Family Workouts

Directions: Gather the family around! Set a timer for 4 or 6 minutes. Perform each exercise for 20 seconds, rest for 10 seconds in between.

## Workout #1

Jumping Jacks

Plank

Ski Jumps

Squats

## Workout #2

Jog in Place

Shoulder Taps

Jumping Jacks

Curl-ups

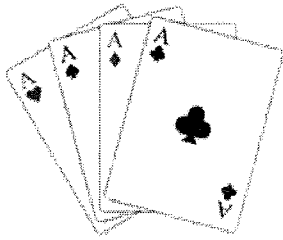
## Workout #3

Ski Jumps

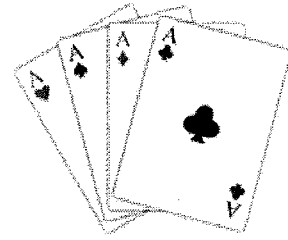
Side Plank

High Knees

Push-ups



### Playing Card Fitness

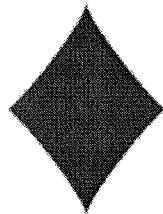


Directions: Place a deck of playing cards on a table or the floor. Make sure you enough space to perform exercises safely. You can play individually , with a partner, or as a family. Take one card at a time and perform the exercise the number of times on the card. ( Example: 4 of hearts, perform exercise 4 times.) All face cards count as 10, Ace is Wild Cards and you may choose your exercise and how many times to perform.

Here are some examples:



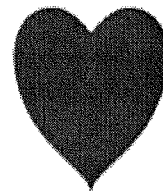
Jumping Jacks



Ski Jumps



Push-ups



Squats

Elbow Plank Up/Down

Jog in Place

Curl-Ups

Squat Jumps

Hop on 1 Foot

Invisible Jump Rope

Side Plank

Tree Pose

# Rock, Paper, Scissors Fitness

Directions: Play Rock, Paper, Scissors with a partner. Look at the symbols below and match your combination to the exercise. Perform each exercise 10 times and play again.

Create your own exercises for the next game



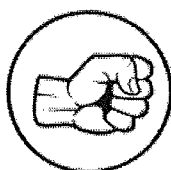
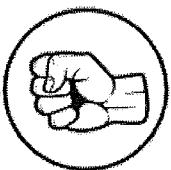
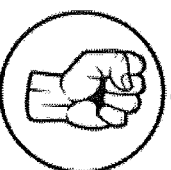
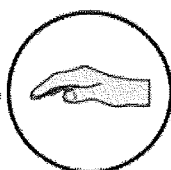
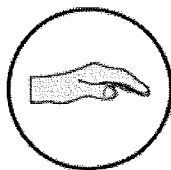
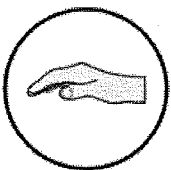
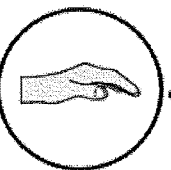




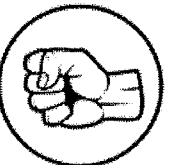
Rock  
beats Scissors



Paper  
beats Rock



Scissors  
beats Paper

	+		=	<div data-bbox="669 1024 808 1171">JUMPING JACKS</div>		+		=	<div data-bbox="1266 1024 1406 1171">SKI JUMPS</div>
	+		=	<div data-bbox="669 1314 808 1461">SHOULDER TAPS</div>		+		=	<div data-bbox="1266 1314 1406 1461">BICYCLES</div>
	+		=	<div data-bbox="659 1591 799 1738">PUSH- UPS</div>		+		=	<div data-bbox="1266 1591 1406 1738">SQUATS</div>

Game created by Mike Ginicola, @PhysEdDepot

## JUGGLING SCARVES

Directions: Use a Kleenex as a replacement for a juggling scarf. Complete as many challenges below as possible

1. Draw the alphabet in the air
2. Draw shapes in the air at all 3 levels (high, medium, low)
3. Make a Zig Zag motion to the beat of a song and change levels
4. Toss & Catch with 2 hands
5. Right Hand Toss, Right Hand Catch
6. Left Hand Toss, Left Hand Catch
7. Alternate Hands: Toss Right, Catch Left, Toss Left, Catch Right (catch at different levels)
8. Drop and Catch (ball up scarf in hand, try to catch before it touches the ground)
9. Toss and Catch Low (let it float down as close to the ground as possible, switch hands)
10. Toss and Catch High (jump and catch scarf at highest point)
11. Toss, Clap, Catch
12. Toss, Catch on Different Body Part (head, shoulder, foot, back, etc)
13. Toss, Clap, Catch on Different Body Part
14. Toss, Clap as Many Times as Possible, Catch (set your record)
15. Toss, Sit, Catch
16. Toss, Spin, Catch
17. Toss, Touch Floor, Catch

# Skee Ball

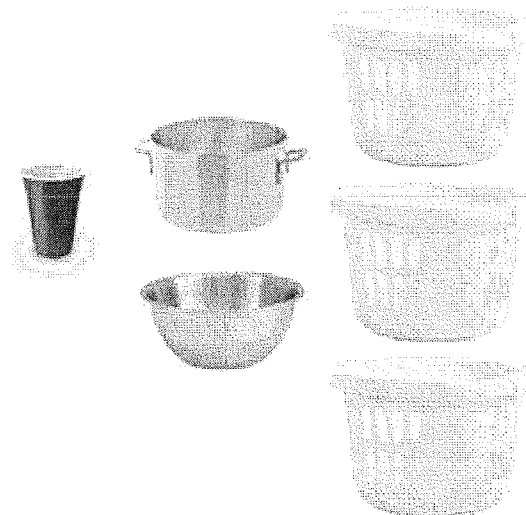
Directions: Find 6 buckets, pots, pans, bowls, or anything else you can throw a ball into. Set-up the objects in a triangle pattern and assign points to each object. Play against yourself by trying to improve your score each round, or against a partner. After 10 underhand tosses count up your total. Play again!

Example Set-up:

3  
P  
O  
I  
N  
T

2  
P  
O  
I  
N  
T

1  
P  
O  
I  
N  
T



### Overhand Throw

**Directions:** Hang the target on a wall. Throw a ball at the target 10 times, count how many times you hit the target, record your score. Try to beat your score each round.

Stand further back from target and repeat.

If you don't have a ball, roll up a pair of socks.

ROUND 1

ROUND 2

ROUND 3

ROUND 4

### Underhand Throw

**Directions:** Hang the target on a wall. Throw a ball at the target 10 times, count how many times you hit the target, record your score. Try to beat your score each round.

Stand further back from target and repeat.

If you don't have a ball, roll up a pair of socks.

ROUND 1

ROUND 2

ROUND 3

ROUND 4



30 day

# HIIT CHALLENGE

<div>1</div> <div>PUSH-UPS</div> 	<div>2</div> <div>AIR SQUATS</div> 	<div>3</div> <div>PLANK JACKS</div> 	<div>4</div> <div>SQUAT THRUSTS</div> 
<div>5</div> <div>HIIT CHALLENGE</div> <div>combine 1-4</div>	<div>6</div> <div>SUPERMANS + LATERAL RAISES</div> 	<div>7</div> <div>LATERAL LUNGES + HOPS</div> 	<div>8</div> <div>TUCK UPS</div> 
<div>9</div> <div>MOUNTAIN CLIMBERS</div> 	<div>10</div> <div>HIIT CHALLENGE</div> <div>combine 6-9</div>	<div>11</div> <div>PLANK-UPS</div> 	<div>12</div> <div>FLUTTER KICKS</div> 
<div>13</div> <div>REVERSE LUNGES + SINGLE-LEG DEADLIFTS</div> 	<div>14</div> <div>STAR JUMPS</div> 	<div>15</div> <div>HIIT CHALLENGE</div> <div>combine 11-14</div>	<div>16</div> <div>PLANK SHOULDER TAPS</div> 
<div>17</div> <div>TRICEP DIPS</div> 	<div>18</div> <div>JUMPING LUNGES</div> 	<div>19</div> <div>FROGGERS</div> 	<div>20</div> <div>HIIT CHALLENGE</div> <div>combine 16-19</div>
<div>21</div> <div>HAND RELEASE PUSH-UPS</div> 	<div>22</div> <div>SKATERS</div> 	<div>23</div> <div>BICYCLE CRUNCHES</div> 	<div>24</div> <div>BURPEES</div> 
<div>25</div> <div>HIIT CHALLENGE</div> <div>combine 21-24</div>	<div>26</div> <div>PLYO PUSH-UPS</div> 	<div>27</div> <div>PLIÉ SQUATS</div> 	<div>28</div> <div>RUSSIAN TWISTS</div> 
<div>29</div> <div>SINGLE-LEG BURPEES</div> 	<div>30</div> <div>HIIT CHALLENGE</div> <div>combine 26-29</div>	<div>EACH MOVE: 1 MINUTE</div> <div>fitnessmagazine.com/hiit</div> <div>fitness x SHAPE</div>	

Activity # 16

Just Dance: That Power

<https://www.youtube.com/watch?v=f3XyYOLfTU4>

Just Dance: Animals

<https://www.youtube.com/watch?v=0WwrcEm9TAI>

Just Dance: Old Town Road

<https://www.youtube.com/watch?v=dx6wHN0VsJo>

Just Dance: Sunflower

<https://www.youtube.com/watch?v=ByR75vokUUu>

Physical Snacks Channel

<https://www.youtube.com/watch?v=3-TcZ7yqevI&list=PLRgEBBofOp7TBA4xgSbFUjY5gileoqkO-&index=7>

Star Wars Mindful Minute #1

<https://www.youtube.com/watch?v=Wfrpv6qpDec>

Star Wars Mindful Minute #2

<https://www.youtube.com/watch?v=ymackG7rLNY>

Activity # 17

Would You Rather Workout

<https://www.youtube.com/watch?v=Paidh0xw-y4&list=PLiDb5S-CZDKDxkZ6LOqiIVU9vwDXEt1kD&index=4>

Basketball Challenges by Kevin Tiller

[https://www.youtube.com/watch?time\\_continue=11&v=7\\_5SjJnZ96M&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=11&v=7_5SjJnZ96M&feature=emb_logo)

Basket & n Ball Challenges by Kevin Tiller

[https://www.youtube.com/watch?v=tLVN\\_4rOqCU&list=PLiDb5S-CZDKCLPKZeN0zNfXb-PD4bE60U&index=6&t=366s](https://www.youtube.com/watch?v=tLVN_4rOqCU&list=PLiDb5S-CZDKCLPKZeN0zNfXb-PD4bE60U&index=6&t=366s)

Juggling Scarves by Kevin Tiller

<https://www.youtube.com/watch?v=sQ8TKt5H2uc&list=PLiDb5S-CZDKCLPKZeN0zNfXb-PD4bE60U&index=16>

Brain Bites by Lynn Hefe

<https://www.youtube.com/watch?v=9HfW3mJl2EU&list=PLEIsA9fRR2ekmY6wbJlsmBGLclOPTaFsk>

