At Home Physical Activity K-2

Day 1
- Animal Walk- either inside or outside- pretend that you are your favorite animal and move like that animal either around every room in your house or around the outside of your house. If a snake, slither like a snake, if a giraffe, walk tall.

Day 2
- Keep the Balloon Up- Fill up a balloon, and use your hands, or you can use a pool noodle, see how long you can keep the balloon from hitting the floor by hitting the balloon up in the air.
  - In a five minute time, see how many times you can hit that balloon total, and how many times in a row you were able to hit the balloon without it hitting the ground.

Day 3
- Simone Says- Play a game of Simone Says with people in your home.

Day 4
- Hopscotch- using chalk, outside, or tape, if inside, create your own Hopscotch course.

Day 5
- Ball Kicks- using all different sizes and types of balls, see how far you can kick that ball. After you kick the ball, see how fast you can run, grab the ball, and get back to where you kicked it from.

Day 6
- Dance Party- turn the music up and let loose!!! Have a 10 minute dance party with anyone around.

Day 7
- Bean Bag Toss- Bean bags are an easy-to-grip and throw item for kids. Indoors or out, throw them into targets such as laundry baskets or hula hoops. If you do not have bean bags, you can use small rocks if outside, or a rolled up pair of socks if inside.

Day 8
- Pillow Walk- Set up a line of couch, throw, or bed pillows on the floor. Try to walk from one end to the other without falling or touching the actual floor with your feet. See how fast you can go, see if you can make it walking on only one foot.

Day 9
- Go on a walk- go on a walk around your neighborhood with your family and friends.

Day 10
- Limbo- challenge your family and friends to a game of Limbo
At Home Physical Activity 3-5

Day 1
- Count the steps- walk around your house 4 times and count the number of steps and write down the total. After you have the total, find out the average amount of steps it took you to walk around your house by dividing the total number by 4.

Day 2
- Go on a walk- go on a walk with your family and friends for 10 minutes. See how many laps around the neighborhood you can make in 10 minutes.

Day 3
- Full Body Workout- Watch TV for one hour. During every commercial break, do 10 squats, 10 push-ups, and 10 sit-ups, and feel the burn of watching TV

Day 4
- Play Catch- for 20 minutes, go outside and play catch with either a family member or a friend. You chose what to play catch, you could play catch with a baseball, a frisbee, a football, or even pass a basketball back and forth.

Day 5
- Stretch it out- go through the warm-up routine that we do in PE class everyday 2 times:
  - Stretch your arm across your chest (both arms), Airplane to the right, left, up, and down to your toes, sit down and do toe claps and reach for your toes, split your feet apart and reach down to the right, left, and down the center, do 10 sit-ups, 10 push-ups, and 20 jumping jacks.

Day 6
- Hopscotch- using chalk, outside, or tape, if inside, create your own Hopscotch course.

Day 7
- Bean Bag Toss- Bean bags are an easy-to-grip and throw item for kids. Indoors or out, throw them into targets such as laundry baskets or hula hoops. If you do not have bean bags, you can use small rocks if outside, or a rolled up pair of socks if inside.

Day 8
- Push-up the room clean. Clean your room, and for every piece of clothing you pick up off the floor, do 4 push-ups.

Day 9
- Meditate- for one hour, either lay or sit in your room or somewhere in your house in complete silence. Close your eyes and relax, its okay if you fall asleep.

Day 10
- Paper Airplanes- There are so many ways to make paper airplanes at home. Throw them inside or outside and see how high they can fly, how far they can fly, or if you can throw them through an object such as a hula hoop.