

Elementary PE Choice Board

Kindergarten	1st	2nd	3rd	4th	5th
Set up a 5x5 square with cones (or something similar) and put an extra cone in the middle. One person is the cat who is trying to tag the mouse. The mouse runs in any pattern they want around the cones and the cat has to follow the same path to tag them. The mouse gets a 5 second head start.	Set up a 5x5 square with cones (or something similar) and put an extra cone in the middle. One person is the cat who is trying to tag the mouse. The mouse runs in any pattern they want around the cones and the cat has to follow the same path to tag them. The mouse gets a 5 second head start.	Set up a 5x5 square with cones (or something similar) and put an extra cone in the middle. One person is the cat who is trying to tag the mouse. The mouse runs in any pattern they want around the cones and the cat has to follow the same path to tag them. The mouse gets a 5 second head start.	Set up a 5x5 square with cones (or something similar) and put an extra cone in the middle. One person is the cat who is trying to tag the mouse. The mouse runs in any pattern they want around the cones and the cat has to follow the same path to tag them. The mouse gets a 5 second head start.	Set up a 5x5 square with cones (or something similar) and put an extra cone in the middle. One person is the cat who is trying to tag the mouse. The mouse runs in any pattern they want around the cones and the cat has to follow the same path to tag them. The mouse gets a 5 second head start.	Set up a 5x5 square with cones (or something similar) and put an extra cone in the middle. One person is the cat who is trying to tag the mouse. The mouse runs in any pattern they want around the cones and the cat has to follow the same path to tag them. The mouse gets a 5 second head start.
Beat Your Time! Use a time and see how long it takes you to do: 30 jumping jacks, 20 curl-ups, 10 push-ups, 30 mountain climbers, 20 squats, and 10 burpees. Challenge: Can you beat your time tomorrow?	Beat Your Time! Use a time and see how long it takes you to do: 30 jumping jacks, 20 curl-ups, 10 push-ups, 30 mountain climbers, 20 squats, and 10 burpees. Challenge: Can you beat your time tomorrow?	Beat Your Time! Use a time and see how long it takes you to do: 30 jumping jacks, 20 curl-ups, 10 push-ups, 30 mountain climbers, 20 squats, and 10 burpees. Challenge: Can you beat your time tomorrow?	Beat Your Time! Use a time and see how long it takes you to do: 30 jumping jacks, 20 curl-ups, 10 push-ups, 30 mountain climbers, 20 squats, and 10 burpees. Challenge: Can you beat your time tomorrow?	Beat Your Time! Use a time and see how long it takes you to do: 30 jumping jacks, 20 curl-ups, 10 push-ups, 30 mountain climbers, 20 squats, and 10 burpees. Challenge: Can you beat your time tomorrow?	Beat Your Time! Use a time and see how long it takes you to do: 30 jumping jacks, 20 curl-ups, 10 push-ups, 30 mountain climbers, 20 squats, and 10 burpees. Challenge: Can you beat your time tomorrow?
Flexibility (stretching) workout: Hold each stretch for 10 seconds (bananas) on each leg. 1. Sit-n-Reach stretch 2. Straddle stretch (V-sit) 3. Thigh stretch -standing, grab one ankle and pull your heel up to your bottom, Jog in place for one minute and repeat stretches, trying to reach a little further. Repeat 3 times.	Flexibility (stretching) workout: Hold each stretch for 10 seconds (bananas) on each leg. 1. Sit-n-Reach stretch 2. Straddle stretch (V-sit) 3. Thigh stretch -standing, grab one ankle and pull your heel up to your bottom, Jog in place for one minute and repeat stretches, trying to reach a little further. Repeat 3 times.	Flexibility (stretching) workout: Hold each stretch for 10 seconds (bananas) on each leg. 1. Sit-n-Reach stretch 2. Straddle stretch (V-sit) 3. Thigh stretch -standing, grab one ankle and pull your heel up to your bottom, Jog in place for one minute and repeat stretches, trying to reach a little further. Repeat 3 times.	Flexibility (stretching) workout: Hold each stretch for 10 seconds (bananas) on each leg. 1. Sit-n-Reach stretch 2. Straddle stretch (V-sit) 3. Thigh stretch -standing, grab one ankle and pull your heel up to your bottom, Jog in place for one minute and repeat stretches, trying to reach a little further. Repeat 3 times.	Flexibility (stretching) workout: Hold each stretch for 10 seconds (bananas) on each leg. 1. Sit-n-Reach stretch 2. Straddle stretch (V-sit) 3. Thigh stretch -standing, grab one ankle and pull your heel up to your bottom, Jog in place for one minute and repeat stretches, trying to reach a little further. Repeat 3 times.	Flexibility (stretching) workout: Hold each stretch for 10 seconds (bananas) on each leg. 1. Sit-n-Reach stretch 2. Straddle stretch (V-sit) 3. Thigh stretch -standing, grab one ankle and pull your heel up to your bottom, Jog in place for one minute and repeat stretches, trying to reach a little further. Repeat 3 times.
Tabata Workout =20 second of activity, 10 seconds of rest, 8x (this should equal 4 minutes) Student chooses one activity or any on the list	Tabata Workout = 20 second of activity 10 seconds of rest 8x (this should equal 4 minutes)	Tabata Workout = 20 second of activity 10 seconds of rest 8x (this should equal 4 minutes)	Tabata Workout = 20 second of activity 10 seconds of rest 8x (this should equal 4 minutes)	Tabata Workout = 20 second of activity 10 seconds of rest 8x (this should equal 4 minutes)	Tabata Workout = 20 second of activity 10 seconds of rest 8x (this should equal 4 minutes)

<p>List: Pretend to jump rope, Mountain Climbers, Planks, Sit-ups, Wall Sits, High Knees, Bottom Kicks</p>	<p>Student chooses one activity or any on the list List Pretend to jump rope Mountain Climbers, Planks, Sit-ups, Wall Sits, High Knees, Bottom Kick</p>	<p>Student chooses one activity or any on the list List Pretend to jump rope Mountain Climbers, Planks, Sit-ups, Wall Sits, High Knees, Bottom Kick</p>	<p>Student chooses one activity or any on the list List Pretend to jump rope Mountain Climbers, Planks, Sit-ups, Wall Sits, High Knees, Bottom Kick</p>	<p>Student chooses one activity or any on the list List Pretend to jump rope Mountain Climbers, Planks, Sit-ups, Wall Sits, High Knees, Bottom Kick</p>	<p>Student chooses one activity or any on the list List Pretend to jump rope Mountain Climbers, Planks, Sit-ups, Wall Sits, High Knees, Bottom Kick</p>
<p>Face Fitness. Play with a partner. Starting back to back someone says "go" jump around to face each other with 1. Happy face 2. Sad Face 3. Angry face 2 happy Faces = 5 push-ups 2 Angry Faces = 15 jumping jacks 2 happy faces - Floss Dance 1 happy 1 angry = 10 sit-ups 1 happy 1 sad - 5 lunges, each leg 1 angry 1 sad = High Skips 10 x (if outside skip around house)</p>	<p>Face Fitness. Play with a partner. Starting back to back someone says "go" jump around to face each other with 1. Happy face 2. Sad Face 3. Angry face 2 happy Faces = 5 push-ups 2 Angry Faces = 15 jumping jacks 2 happy faces - Floss Dance 1 happy 1 angry = 10 sit-ups 1 happy 1 sad - 5 lunges, each leg 1 angry 1 sad = High Skips 10 x (if outside skip around house)</p>	<p>Face Fitness. Play with a partner. Starting back to back someone says "go" jump around to face each other with 1. Happy face 2. Sad Face 3. Angry face 2 happy Faces = 5 push-ups 2 Angry Faces = 15 jumping jacks 2 happy faces - Floss Dance 1 happy 1 angry = 10 sit-ups 1 happy 1 sad - 5 lunges, each leg 1 angry 1 sad = High Skips 10 x (if outside skip around house)</p>	<p>Make a game board. Make sure your game board has at least 25 squares. In each square write in an exercise and complete 10. (ex. Jumping Jacks, Push Ups, Sit Ups, Squats, Mountain Climbers, Balance on 1 Foot, Jump as high as you can, Wall Sit, Burpees, Plank) You can add any exercises you would like. If you're outside, add run, skip, gallop, sprint) *YOU COULD MAKE THIS GAME BOARD OUT OF CHALK ON THE SIDEWALK OR DRIVEWAY, TOO!! Roll a die...Roll a 1,3,5 move that number forward, Roll a 2: move forward and double the number of exercises, Roll a 4 move that number backwards, Roll a 6 move that number, but your partner has to complete that exercise.</p>	<p>Make a game board. Make sure your game board has at least 25 squares. In each square write in an exercise and complete 10. (ex. Jumping Jacks, Push Ups, Sit Ups, Squats, Mountain Climbers, Balance on 1 Foot, Jump as high as you can, Wall Sit, Burpees, Plank) You can add any exercises you would like. If you're outside, add run, skip, gallop, sprint) *YOU COULD MAKE THIS GAME BOARD OUT OF CHALK ON THE SIDEWALK OR DRIVEWAY, TOO!! Roll a die...Roll a 1,3,5 move that number forward, Roll a 2: move forward and double the number of exercises, Roll a 4 move that number backwards, Roll a 6 move that number, but your partner has to complete that exercise.</p>	<p>Make a game board. Make sure your game board has at least 25 squares. In each square write in an exercise and complete 10. (ex. Jumping Jacks, Push Ups, Sit Ups, Squats, Mountain Climbers, Balance on 1 Foot, Jump as high as you can, Wall Sit, Burpees, Plank) You can add any exercises you would like. If you're outside, add run, skip, gallop, sprint) *YOU COULD MAKE THIS GAME BOARD OUT OF CHALK ON THE SIDEWALK OR DRIVEWAY, TOO!! Roll a die...Roll a 1,3,5 move that number forward, Roll a 2: move forward and double the number of exercises, Roll a 4 move that number backwards, Roll a 6 move that number, but your partner has to complete that exercise.</p>