

# Phys Ed Choice Board

## Warm Up

### Little Green Froggy – Go Noodle

<https://app.gonoodle.com/activities/little-green-froggy>

## Activity

PE with Joe!

<https://youtu.be/gVN5Lg-g5zA>

## Extension

Make a quick list of brain break ideas that you can use while you are working on tasks. Here are some ideas we came up with:

1. 5 minute jump on the trampoline
2. Bear crawl and crab crawl around your kitchen
3. 20 shots in a basketball/netball ring

## Warm Up

### 10 min HIIT Cardio Workout

[https://www.youtube.com/watch?v=yv2XE\\_Ut3KU](https://www.youtube.com/watch?v=yv2XE_Ut3KU)

## Activity

Make a circuit for your family, you might spend 1 minute at each station. Make Station Cards so each person knows what to do! You will need at least 6 stations and you will need to complete the circuit twice!

## Extension

Can you make 10 station circuit and complete it twice with your family on another day?

## Warm Up

### Kids Circuit: Drill Workout

**\*You will need 5 paper plates or markers such as cones or soft toys**

<https://www.youtube.com/watch?v=S9Yd9eV3RqQ>

## Activity

PE with Joe!

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

## Warm Up

### 7 in 7 Kids Full Body Strength & Core Workout

Watch technique for 20s then work for 40s

<https://www.youtube.com/watch?v=-0DuHnxnH14>

## Activity

Plan a full day of healthy eating! Make sure you include enough fruit, vegetables, grains, dairy and meat (or a meat substitute). Can you find clever ways to make healthy food more exciting?

## Extension

Complete a 7 in 7 Kids workout 3 times this week. Reflect on which activities were easy and which were hard? Is there part of your body that you need to strengthen?

## Warm Up

### Minecraft – A Cosmic Kids Adventure!

<https://www.youtube.com/watch?v=02E1468SdHg>

## Activity

Plan 3 outdoor or indoor exercise activities for you family. You could include things like; walking the dog, riding your bike, jumping on the trampoline or an exercise video found online. Make sure each activity is at least 20min long!

## Extension

Plan a whole week of activities for you and your family. Make sure you change it up and have something different every day!

## Warm Up

### Stretches for the Inflexible!

<https://www.youtube.com/watch?v=jeNwE4VXqgs>

## Activity

<https://www.youtube.com/watch?v=3m5DIVnxLjk>

## Extension

Can you make your own stretch routine and exercise routine and tape it? We would love to see what you come up with when we are learning onsite again!

## Warm Up

### Prep – Grade 2: Run the Red Carpet

[https://www.youtube.com/watch?v=d\\_GNRD1c17E](https://www.youtube.com/watch?v=d_GNRD1c17E)

**3-6s: Choose two different Champion Life body Sets to complete!**

## Activity

**Prep – 1:** Go Noodle Free Choice!

Choose 5 of you own Go Noodle activities to complete. Your parents can download the Go Noodle app for free or you can just search through YouTube

**Grade 2 – 6:** Kidz Bop Dance Routines. Have a go, it is pretty hard! Don't worry if you miss some bits or you have trouble keeping, just do your own moves!

[https://www.youtube.com/watch?v=sHd2s\\_saYsQ](https://www.youtube.com/watch?v=sHd2s_saYsQ)

## Warm Up

### Pizza Man – Go Noodle

<https://www.youtube.com/watch?v=4rm0LYLz1Wg>

## Activity

Choose a favourite sport and practise 3 different skills that you need to play that sport. Make sure you practise each skill for at least 15 minutes. For example:

Basketball

- 15 minutes of shooting
- 15 minutes of dribbling drills
- 15 minutes of throwing and catching

## Extension

How many days in a row can you complete your activities?

## Warm Up

### 7 in 7 Fun Living Room Workout – Full Body

<https://www.youtube.com/watch?v=yIN8-D2lLgI>

## Activity

Dance Routine – 'Can't Stop the Feeling'

<https://www.youtube.com/watch?v=9sxifROLtqk>

## Extension

Practise and video tape yourself completing the routine above **OR** choose your own music and make your own routine!