

Name: _____ Class: _____

Below are some activities that you can do while out of school. Feel free to include family members and/or friends!

After you complete an activity, have an adult initial next to the activity to show that you have completed it. Some are indoor activities, some can be either outdoor or indoor. Choose activities that are best for you and your family. You may complete a few per day and you can repeat your favorites as many times as you'd like!

HAVE FUN!!! 😊

Climb up and down a flight of stairs 10 times	Teach a family member or friend a dance we learned in PE for 15 minutes	Imaginary (or real) jump rope for 15 minutes - Practice the tricks we learned in PE!	Have a soccer pass with a friend or family member for 30 minutes	Teach a family member or friend how to juggle (can use plastic bags in place of scarves) Remember: ninja pinch, pull and grab	Go for a 30 minute walk with a friend or family member (can use treadmill)	Go for a 20 minute jog with a friend or family member
Make up a dance to your favorite song	Do PE warm up activities for 10 minutes (Jumping jacks, bounce and twist, shoulder slaps, and others)	Play the PE version of Rock, Paper, Scissors with a friend or family member and see if you can win 5 times in a row	Challenge a friend or family member to a balance contest (remember eye-spot and try balancing at different levels!)	Basketball shootout- Play a shooting game for points. First to 10 baskets wins! If you don't have a hoop, balled up socks or paper to a garbage pail work perfectly!	Create a scavenger hunt with a friend or family member	Make up a PE game with equipment from home (and bring the directions in so we can try it!)
Complete workout in Nike Training club app (or other fitness app)	Have a catch with friend or family member for 20 minutes	Challenge friend or family member to running race	Go for a 30 minute bike ride with friend or family member	How far can you jump? Challenge family member to long jump contest	Create bowling game with cups or objects that stand and challenge family member	Volley a light ball or balloon for 20 minutes
Create an obstacle course	See how many curl up high 5's you can do with a family member without stopping	Play "the floor is hot lava!" and create a jumping pathway to the other side of the room	Push up hockey: slide ball or object through your partners hands while both in plank position. If you make it through their hands, point for you!	Make a puzzle relay! You must run to the other side of the room to get each new piece	Play sports or nutrition charades with family members and get them to guess the sport or food you are acting out	Dance party for 15 minutes!

Make hopscotch pattern on floor and practice it!	Paper airplane contest: create and try to make it fly! Run, skip or gallop to retrieve it after each throw	Help wash windows, sweep or vacuum your house	Rollerblade or rollerskate for 20 minutes	Build with legos or magnet-tiles and run to the other side of the room to get each new piece!	Challenge family members to "animal walk races"! Options include: crab walk, seal crawl, lame dog walk, ostrich walk, and others!	Indoor snowball fight! You can use balled up socks or crumbled up paper
PE Pictionary: Draw an exercise and when it is guessed, all players must do that exercise 20 times or for 20 seconds	Challenge a family member to a wall sit competition - Who can hold that position the longest?	Plank contest - Who can hold a plank (push up position) the longest without breaking form?	Play follow the leader with dance moves. Switch jobs after a minute	Go on an ABC treasure hunt. Search for items that begin with each letter of the alphabet. As you find each letter do 5 jumping jacks or shoulder slaps	Create a tag game with your family/friends!	Ride a push scooter (NOT an electric scooter!) for 20 minutes
Have a tossing contest. Who can toss a ball closest to the spot marker without hitting it? Try from different distances!	Dice activity: roll a dice and perform that number of an exercise.	Create your own dice game (each number rolled represents something different). Write them down so you remember while you play!	Play "Go Fish" (PE version) When someone says go fish, you must put cards face down and run a lap around the playing area before picking up new card	Practice lunges back and forth across a room for one whole song without stopping	Grapevine or Karaoke back and forth across the room to 2 whole songs. Remember to listen to the beat!	Rubik's cube exercise: time yourself solving the Rubik's cube. However long it takes is how long you have to do an exercise for. Good luck! (I'd be doing exercises for two days...)
Fidget spinner or spinning top exercise: lay the spinner on the floor and do exercise the whole time it spins until it stops.	Do a burpee for each letter of your name, or for each year of your age	Walk your pet for 30 minutes	Help an adult make a healthy meal using the food groups we learned in PE: Grains, Dairy, Fruit, Vegetables and Protein	Play Candyland (or other board game) and make up exercises for different cards Purple: 5 Jumping jacks Green: 5 bounce and twists Blue: 5 shoulder slaps Orange: 5 steam engines Yellow: 5 seat twirls	Springtime spelling: After 5 of an exercise, write one letter of a springtime word: Flower, sunshine, spring, bloom, blossom, green, kite, bunny, clouds, sun, baseball, softball, lacrosse, soccer	Cosmic Yoga: youtube (with parents' permission) and work through one video

