

# PE at Home Activities II

## INVERNESS PRIMARY SCHOOL

Name: \_\_\_\_\_

<p>Make Your Bed for 1 week</p> <p>Initial _____ Date _____</p>	<p>Go outside for a walk and find 10 Items that start with the first letter of your last name</p> <p>Initial _____ Date _____</p>	<p>Plank for 30 seconds with a family member</p> <p>Initial _____ Date _____</p>	<p>Put on music and dance for 5 minutes.</p> <p>Initial _____ Date _____</p>	<p><b>TABATA</b> Tuck jumps- 20 seconds of work 10 seconds of rest Repeat for 8 rounds</p> <p>Initial _____ Date _____</p>
<p>Have a staring contest with a family member</p> <p>Initial _____ Date _____</p>	<p>Do 20 Jumping Jacks or Scissor Jumps</p> <p>Initial _____ Date _____</p>	<p>Brush your teeth twice a day</p> <p>Initial _____ Date _____</p>	<p><b>Dribble Challenge</b> Dribble a ball 100 times with each hand</p> <p>Initial _____ Date _____</p>	<p><b>4 Walls</b> Face each wall in a room, and do a different exercise for 30 seconds; jumping jacks, side shuffle, wide stance punches, vertical jumps</p> <p>Initial _____ Date _____</p>
<p>Play catch with a family member for 10 minutes</p> <p>Initial _____ Date _____</p>	<p>Do chores without being told</p> <p>Initial _____ Date _____</p>	<p>Clean your room before you go to bed</p> <p>Initial _____ Date _____</p>	<p>Use your body to make as many letters of the alphabet as possible.</p> <p>Initial _____ Date _____</p>	<p>Travel around outside for 5 minutes using at least 4 different locomotor movements. Hop, skip, jump, gallop, walk, slide, leap</p> <p>Initial _____ Date _____</p>
<p>Jump rope (or pretend to jump rope) to an entire song without stopping.</p> <p>Initial _____ Date _____</p>	<p>Choose your favorite physical activity</p> <p>_____</p> <p>Initial _____ Date _____</p>	<p>Put on your favorite song and create your own dance</p> <p>Initial _____ Date _____</p>	<p>Eat at least 1 fruit or vegetable with each meal</p> <p>Initial _____ Date _____</p>	<p>Sit Quietly for 6 hours.</p> <p>initial _____ Date _____</p>

**Directions:** Complete 4 squares each day (Monday – Friday) and have your parent/guardian initial and date when you complete each square. Once your activity page is completed, take a picture of it and email it to Mr. Flaherty and Ms. Green