**CHOICE BOARD – PE At Home (Intermediate) – Weeks 1 and 2: April 6th-April 17th**

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| Create an obstacle course in your yard and run a time trial or compete against a sibling/parent/guardian.   * Include at least one skill * Include at least two locomotor movements | Go for a run or walk | Create a new game to play alone | Complete a workout from Darebee.com |
| Eat 6 fruits and vegetables today | Have a dance party | Go hiking or biking in trails around town | Play JustDance with a device and a screen on justnowdance.com |
| Get 9+ hours of sleep everyday | Eat 3 healthy balanced meals today | Play wrestle with a sibling | Complete one of the challenges at mrthorsellsclass.weebly.com |
| Call a friend or family member that you don’t see and talk to them. You can do this over zoom or facetime as well. | Try a game based fitness app from <https://mrthorsellsclass.weebly.com/game-based-fitness-apps.html> | Drink 6 glasses of water today | Throw a ball into a bucket in four different ways. Each new way is progressively harder. Four levels. |
| Take part in the 10 pushup challenge.  That’s 10 pushups a day for 30 days. | Complete a workout from Sworkit.com | Go to the skate park, or bike park. Or to a field to practice a sport with your family. | Take a ball, rock, or sock ball and get some target practice in the backyard.  You could even play H-O-R-S-E with a sibling/parent/guardian. |