**CHOICE BOARD – PE At Home (Intermediate) – June**

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| Try the Finland Body Challenges from my website | Go for a swim in a lake or the ocean | Try the basketball challenge   * Shoot 10 baskets from 6 large steps away and see how many you can score out of 10. | Complete a PE class with Coach Wood on Youtube |
| Eat 6 fruits and vegetables today | Help your parents with some yard work | Go hiking or biking in trails around town | Take part in the Brooks Ultra Marathon Challenge |
| Get 9+ hours of sleep everyday | Eat 3 healthy balanced meals today | Play one of my games on the website:  Try Base Race or Rally Point | Try doing a water sport like kayaking, canoeing, or paddleboarding |
| Plant some vegetables and water them daily and pull the weeds around them | Play a yard game like Bocce, Spikeball, Lawn Darts, Ladder Golf, Kan Jam or Cornhole | Drink 6 glasses of water today | Complete 10 sprints as fast as you can. Race someone if possible. Try to be the fastest every time, so that means rest lots in between. |
| Complete a mini track meet in your yard, or at the nearest park   * Sprints, Long distance, Long Jump, High Jump, Shotput, Discus, Javelin, and Hurdles * Let me know what household items you use to make this possible | Complete a new workout from Sworkit.com | Try doing 5 broad jumps (2 foot jump and land on two feet) in a row and see how far you can get.  Try with one foot and landing on one foot.  Try the other foot. | Play catch with a wet sponge. |