**CHOICE BOARD – PE At Home (Intermediate) – Weeks 3 and 4: April 20th-May 1st**

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| Create an obstacle course in your yard and run a time trial or compete against a sibling/parent/guardian.  - Include a drop kick to a target  - Include at least one roll, and a bear crawl | Complete a PE Class with Mr. Thorsell at 12pm on Monday | Create a target game to play  - Like bowling, or tossing something into a hoop/box or kicking into a target, or golf, or foot golf, or Frisbee golf, or throw golf. | Complete a PE class with Coach Wood on Youtube |
| Eat 6 fruits and vegetables today | Learn a dance  - Try the Cha Cha Slide on Youtube  - Or the YMCA  - Or the Macarana | 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 parent or sibling but only if you can do it without getting mad | 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 new game based fitness app from <https://mrthorsellsclass.weebly.com/game-based-fitness-apps.html> | Drink 6 glasses of water today | Try the balance it app  - You can do the one person balances  - If you have siblings you can do partner balances and group balances |
| Create a gymnastics routine  - Present at the start and end  - At least one roll (somersault, cartwheel, handspring etc.)  - At least one balance (v-sit, candlestick, handstand, etc.)  - At least one aerial (star jump, tuck jump, etc.) | Complete a new workout from Sworkit.com | Create a scavenger hunt, or look for a scavenger hunt at mrthorsellsclass.weebly.com | Pick a solid object in the yard with no breakables around and kick a ball at it. See how far away you can get and still hit it 3 times in a row. |