**CHOICE BOARD – PE At Home (Intermediate) – Weeks 5 and 6: May 11th-May 22nd**

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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 climbing over an object- Include Skipping and Galloping | Complete a PE Class with Mr. Thorsell at 12pm on Monday | Try juggling a soccer ball* Challenge yourself to get as many as you can. Tell Mr. Thorsell your high score.
 | 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 | Garden with your family |
| Get 9+ hours of sleep everyday | Eat 3 healthy balanced meals today | Play one of my games on the website:Try Rally Point or Wall Ball | Complete one of the challenges at mrthorsellsclass.weebly.com |
| Participate in the May Day Activities:And for bonus May Day Activities check out my website. | Try a new game based fitness app from <https://mrthorsellsclass.weebly.com/game-based-fitness-apps.html> | 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. |
| Create a dance routine- You could do whatever you like- Or you could do an 8 count dance | Complete a new workout from Sworkit.com | Do 20 pushups, 20 squats, 20 jumping jacks and a plank every day for the entire week. | Play catch with a sibling or a parent. Try to throw overhand like a baseball pitcher. Try to be very accurate and get it directly to your partner. |