**CHOICE BOARD – PE At Home (Primary) – 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 throw and catch  - Include at bear crawl and a roll (log roll, somersault) | Do all of the main locomotor skills in a day. (Walking, running, skipping, hopping, leaping, galloping, backward walking) | 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 new Cosmic Kids Yoga workout on Youtube |
| Eat 6 fruits and vegetables today | Play wrestle with a parent or a sibling but only if you can do it without getting mad | Complete a PE Class with Mr. Thorsell at 11am on Monday | Play JustDance with a device and a screen on justnowdance.com |
| Get 10+ hours of sleep everyday | Eat 3 healthy balanced meals today | Create a gymnastics routine  - at least one roll (log roll, somersault, ninja roll, cartwheel)  - at least one balance (v-sit, candlestick, tree pose, etc)  - present at the start and the end | Complete one of the challenges at mrthorsellsclass.weebly.com |
| Try to learn to dribble a ball with your hands | Climb on something with your parents supervision | Drink 6 glasses of water today | Create a scavenger hunt, or look for a scavenger hunt at mrthorsellsclass.weebly.com |
| Do 40 star jumps and 40 jumping jacks | Complete a PE class with Coach Wood on Youtube | Do 20 squats a day for the whole week | 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. |