**CHOICE BOARD – PE At Home (Primary) – 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 climbing over something- Include skipping and galloping | Help your parents with some yard work. | Play the target game Ring of Fire from my Website | Complete a new Cosmic Kids Yoga workout on Youtube |
| Eat 6 fruits and vegetables today | Spend some time in the garden with your parents | Complete a PE Class with Mr. Thorsell at 11am on Monday | Learn a dance to one of your favourite songs on Youtube |
| 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 | Try to catch some bugs, figure out what they are, and then let them go. |
| Play Rally Point or Just the Two of Us from my website under the Games title. | Climb on something with your parents supervision | Drink 6 glasses of water today | Go for a hike or bike ride in the beautiful weather |
| Participate in the May Day Activities:And for bonus May Day Activities check out my website. | Spend at least one hour outside every day of the week | Do 20 pushups a day for the whole week | Play catch with your siblings or parents. Throw overhand like a baseball pitcher. Try to be very accurate and get it directly to your partner. |

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