

Physical Education Choice Board

Directions: Choose one or more physical activities to complete.

Stretch with Yoga

Practice balance and focus with some yoga moves, like downward dog, tree pose, or boat pose. Challenge yourself to try some more advanced poses, like crow pose or wild thing pose!



Invent a Game

Invent a game like tag or hopscotch that requires you to be outside and moving around. What are the rules? How many people can play? Teach a friend or family member and have fun!



Keep It Up



Play "Keep It Up" with a balloon, beach ball, or scarf. How long can you keep the item off the ground?

Walk It Out



Get outside with a friend or loved one and go for a walk. Try strolling or speed walking to mix it up.

Run For It

Jog with high knees or back kicks from one place to another. Turn around and run back to where you started. Do this 10 times.



Dance, Dance

Put on some music and dance. Do a dance you know or make up your own routine!



Balance Building

Balance a lightweight object, like a book, on 5 different body parts for 15 seconds each.



Build Your Strength

Set a timer for 3 minutes, and do as many push-ups, sit-ups, and squats as you can. Can you try again and beat your record?

