

WPCSD Elementary Physical Education

Complete each fitness challenge, try and be active every day

APRIL 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>Star Jumps Jump up with your arms and legs spread out like a star. Do 10 then rest.</p>	<p>2</p> <p>Target Practice Hang up some targets and try and hit them with a ball, Hit it? Move farther away. Hit it? Keeping moving back!</p>	<p>3</p> <p>Bear Walk With your bottom in the air, step forward with your right hand & step forward with your left foot. Step forward with the left hand then the right foot. Continue to move across the room.</p>	<p>4</p> <p>Dribble Challenge Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?</p>
<p>5</p> <p>Commercial Break. Can you hold a plank for an entire TV commercial break?</p>	<p>6</p> <p>Musical Frogs This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).</p>	<p>7</p> <p>Positive Talk Tuesday Be sure to talk to yourself today like you would talk to someone you love.</p>	<p>8</p> <p>Chair Pose. Hold for 30 seconds, relax then repeat.</p>	<p>9</p> <p>Put your favorite song on and make up a dance or fitness routine!</p>	<p>10</p> <p>Play catch. Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body</p>	<p>11</p> <p>Flexible Alphabet. Can you make your body look like every letter in the alphabet?</p>
<p>12</p> <p>Make time to do something you really like today.</p>	<p>13</p> <p>Play Simon Says. Someone is "Simon" and everyone else has to do what Simon says, but only when he/she says "Simon says" first.</p>	<p>14</p> <p>Crabby Clean Up Tidy up while walking like a crab! Carry items on your belly across the room to put them away</p>	<p>15</p> <p>Crazy 8's. 8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>	<p>16</p> <p>Read and move. Pick a book to read and select an "action word" that will be repeated often. When the "action word is read stand up and sit down.</p>	<p>17</p> <p>Dance, Dance. Put on your favorite song or turn on the radio. Dance however you like during the entire song!</p>	<p>18</p> <p>Clap and Catch. Throw a soft object up into the air. See how many times you can clap before you catch it.</p>
<p>19</p> <p>Underhand Toss practice tossing a small object inside. Each time you make it take a step back</p>	<p>20</p> <p>Before Bed Breathing While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.</p>	<p>21</p> <p>Stay Hydrated. Take extra time to drink eight 8oz. glasses of water today. At the end of the day, how do you feel?</p>	<p>22</p> <p>Skaters Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds</p>	<p>23</p> <p>Commercial Stroll During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!</p>	<p>24</p> <p>A Gratitude Attitude Write down something you're thankful for and why.</p>	<p>25</p> <p>Create a Game. Use your imagination and make up a game using a ball, a sock, and a jump rope.</p>

26

Mindful Minute.

For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention

27

Freeze Dance

Have someone start and stop music. When the music is on dance, when it's off strike a crazy pose.

28

Just Play

It's up to you

29

Walking.

Practice walking at different paces, running, skipping, hopping, jumping, galloping, leaping and sliding in different directions

30

Inchworms

Keeping your legs straight place your hands on the ground, walk them into push-up position, and walk your legs up