**At Home Choice Board**

Hang this choice board near your safe physical activity space.

Choose an activity, get active, and have fun!

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| **Brain & Body Warm-Ups** | **Purposeful Practice** | **Just for Fun (and health)** |
| **30-Second Jump Routine:**  3 types of Jumping Jacks: Normal Jumps, Mummy Jumps, and You-Jumps. 30 sec. jump intervals. 15 sec. rest intervals. | **Victory Dance Rock, Paper, Scissors:**  Play a game of RPS with a partner. Dance if you win a round of RPS. | **Cone Flip Chaos:**  Try to flip the cone on its base. Land the cone for 1 point. Do 3 jumping jacks to earn 2 flips. |
| **YES or NO Body Language:**  Ask yes or no questions. If the answer is “YES” then jog in place. If the answer is “NO” then do jumping jacks.  *Find questions on the Y or N Card.* | **Sports Charades:**  Silently act out a sport so that a partner or group can guess it. | **Favorite Song Workout:**  Use the song *20 Seconds or More* by Doug E Fresh and  Hip Hop Public Health. Jog in place during verses. Do jumping jacks during the chorus. |
| BLANK SPACE  Create Your Own Activity Choice | **Best Foot Forward:**  Play 6 feel apart from a partner. Jump 3X, “1, 2, show!” Land with feet together, or feet apart. If all feet match: “same” wins. If all feet don’t match: “different” wins. | BLANK SPACE  Create Your Own Activity Choice |