

At Home Choice Board

Hang this choice board near your safe physical activity space.

Choose an activity, get active, and have fun!

| Brain & Body Warm-Ups | Purposeful Practice | Just for Fun (and health) |
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| <p>30-Second Jump Routine: 3 types of Jumping Jacks: Normal Jumps, Mummy Jumps, and You-Jumps. 30 sec. jump intervals. 15 sec. rest intervals.</p> | <p>Victory Dance Rock, Paper, Scissors: Play a game of RPS with a partner. Dance if you win a round of RPS.</p> | <p>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.</p> |
| <p>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. <i>Find questions on the Y or N Card.</i></p> | <p>Sports Charades: Silently act out a sport so that a partner or group can guess it.</p> | <p>Favorite Song Workout: Use the song <i>20 Seconds or More</i> by Doug E Fresh and Hip Hop Public Health. Jog in place during verses. Do jumping jacks during the chorus.</p> |
| <p>BLANK SPACE Create Your Own Activity Choice</p> | <p>Best Foot Forward: Play 6 feet 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.</p> | <p>BLANK SPACE Create Your Own Activity Choice</p> |