**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)** |
| **Foot Fire****[**[**Vimeo**](https://vimeo.com/showcase/6967770/video/422984781)**]**The leader turns the temperature up or down. Adjust the pace to the heat. | **Get Moving Circuit****[**[**YouTube**](https://youtu.be/Y3Z3nBrMu50)**]**Complete 3 stations in 1-min or 3 sec intervals — Jump Station, Move Station, Stretch Station. | **Red Light,****Green Light****[**[**YouTube**](https://youtu.be/ekMs1FAJNrA)**]**Green Light: Move.Red Light: Freeze.1 point for stopping immediately. |
| **RPS Body Language [**[**YouTube**](https://youtu.be/buQ7G89EIGo)**]**We’ll play Rock, Paper, Scissor with large body movements. | **Loopy Lap Stations: [**[**YouTube**](https://youtu.be/RDzXp6H0SJw)**]**Do stations when music plays. When music stops perform locomotor skill to next station. | **Mirror, Mirror****[**[**YouTube**](https://vimeo.com/410411817)**]**In pairs (or with a class leader), 1 student performs movements, the other mirrors the movements. |
| **Music Mania [**[**YouTube**](https://youtu.be/PyeRtng9HGs)**]**Jog when the music plays. Walk when the music stops. | BLANK SPACECreate Your Own Choice | **Laptastic****with plank****[**[**YouTube**](https://youtu.be/usxGWiskCf4)**]**Jog when the music plays. When the music stops, drop into plank position. |