**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 SPACE  Create Your Own Choice | **Laptastic**  **with plank**  **[**[**YouTube**](https://youtu.be/usxGWiskCf4)**]**  Jog when the music plays. When the music stops, drop into plank position. |