

### 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)
<p><b>Foot Fire</b>  <a href="#">[Vimeo]</a>                      The leader turns the temperature up or down. Adjust the pace to the heat.</p>	<p><b>Get Moving Circuit</b>  <a href="#">[YouTube]</a>                      Complete 3 stations in 1-min or 3 sec intervals —                      Jump Station, Move Station, Stretch Station.</p>	<p><b>Red Light, Green Light</b>  <a href="#">[YouTube]</a>                      Green Light: Move.                      Red Light: Freeze.                      1 point for stopping immediately.</p>
<p><b>RPS Body Language</b>  <a href="#">[YouTube]</a>                      We'll play Rock, Paper, Scissor with large body movements.</p>	<p><b>Loopy Lap Stations:</b>  <a href="#">[YouTube]</a>                      Do stations when music plays. When music stops perform locomotor skill to next station.</p>	<p><b>Mirror, Mirror</b>  <a href="#">[YouTube]</a>                      In pairs (or with a class leader), 1 student performs movements, the other mirrors the movements.</p>
<p><b>Music Mania</b>  <a href="#">[YouTube]</a>                      Jog when the music plays. Walk when the music stops.</p>	<p><b>BLANK SPACE</b>                      Create Your Own Choice</p>	<p><b>Laptastic with plank</b>  <a href="#">[YouTube]</a>                      Jog when the music plays. When the music stops, drop into plank position.</p>

