

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>Mirror Mirror Mirror the movements of the leader.</p>	<p>Red Star Fish, Blue Fish March in place. When music stops the leader calls a fish name. Red Star Fish: 10 star-jumps. Blue Fish: 5 tuck-jumps.</p>	<p>Red Light, Green Light Green Light: Move. Red Light: Freeze. 1 point for stopping immediately.</p>
<p>Animal Acting Music plays: jog in place. Music stops: Safely act like an animal.</p>	<p>Loopy Lap Stations Do stations when music plays. When music stops perform locomotor skill to next station.</p>	<p>Laptastic Jog when the music plays. Strike a silly balance pose when the music stops.</p>
<p>Elevator Game Listen to the elevator story and move down and up and squat position.</p>	<p>BLANK SPACE Create Your Own Choice</p>	<p>Body Shapes Balance on 1 foot and slow draw shapes in the air with the other foot.</p>

