

At Home Choice Board (Grades 6-12)

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>High-5 Breathing: Hold your left hand out in front of your chest. Extend and spread your fingers out. Use the pointer finger of your left hand, slowly trace your fingers starting with the thumb. As you trace up a finger, inhale. As you trace down, exhale. [YouTube]</p>	<p>Fitness Categories Game: Write 1 word starting with the challenge letter, in each of the categories. You have 30 sec to complete each category. Challenge letter is T – Muscular Fitness exercise could be Triceps Extension. Do 5 jumping jacks for each category without an answer. [YouTube]</p>	<p>RPS Victory Chegg: Win RPS and “grow” from an egg, to a chick, to a chicken. Partners squat in “egg” position. Play RPS. The winner becomes a baby chick and raises into squat position. Play again, if the “baby chick” wins they become a chicken and win the game. If not, return to “egg” position & the other player grows. [YouTube]</p>
<p>Equal Breathing: Sit or stand in a comfortable position. As you inhale deeply, slowly count to 5. As your exhale fully, slowly count to 5. This will create deep, equal breaths. Repeat for 1 to 2 minutes. [YouTube]</p>	<p>Exercise Word Scrambler: Use letters shown on the Word Scrambler Card to create and list the names of physical activity choices. If you list an activity you can do in personal space, complete that activity it for 15 seconds. Score a point for each valid activity. [YouTube]</p>	<p>20 Questions: Pick a healthy food. Get a partner to ask 20 yes/no questions to gain clues and guess what the food is. You and your partner must do 5 reps of any chosen exercise to earn a question. [YouTube]</p>