

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>Plank Party RPS: Win a series of Rock, Paper, Scissor games and move from squat, to table pose, to plank position. Win in plank position, win the match. [YouTube]</p>	<p>First Letter, Last Letter Play in 2 teams or in 1 large group. The object is for Team 1 to think of an exercise starting with the 1st letter of a food. Team 2 thinks of an exercise starting with the last letter. Use food flashcards. Teams have 30 sec. to demo an activity. Successful teams score a point. [YouTube]</p>	<p>Memory Plate: Memorize objects on a Plate. The leader removes 1 object. Player have to name the missing food in 30 seconds or less. Perform an exercise for 15 seconds if you correctly named the missing food. Perform for 30 seconds if you did not name the missing food. [YouTube]</p>
<p>Plank Drawing Challenge: Draw as many foods in food groups as possible in plank position. Each round is 30 seconds. Start in plank position with paper and pencil on the floor under their eyes. Begin drawing – switch drawing hands with each food (i.e., drawing 1 with right hand, drawing 2 with left hand). [YouTube]</p>	<p>5 Second Rule: Play in 2 teams or in 1 large group. Score points by naming 3 things that fit into a set category in 5 seconds. Pull/display the category flash cards. Team B must perform an exercise while Team A takes a turn. Then Team A performs while Team B takes a turn. [YouTube]</p>	<p>Crossword Intervals: The object of this activity is to solve a crossword puzzle and complete exercises. Perform the exercises listed after each clue for 30 seconds before moving on to the next clue. There are 15 total intervals for a 7 ½ minute HIIT session. [YouTube]</p>