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)** |
| **Teacher Says Soccer****[**[**YouTube**](https://youtu.be/22uAgqmG7_M)**]**Find a friend. One is the Teacher, the other the student. Play like Simon Says, but use, “Teacher Says.” | **Volcanos****[**[**YouTube**](https://youtu.be/5jKtCx8SSP8)**]**Scatter plastic cups in the activity are. Dribble around the cup Volcanos. | **Soccer Red Light,****Green Light****[**[**YouTube**](https://youtu.be/Qp5mGsKY-ZQ)**]**Pick a foot-skill drill (like toe taps). When the leader says, “green light” start the drill. On, “red light” freeze. |
| **Target Practice****[**[**YouTube**](https://youtu.be/OPoIVj2dfBE)**]**Pass from object-to-object. Each accurate pass is 1 point. How many points can you make in 1 minute? |
| **Soccer Fortune Teller****[**[**YouTube**](https://youtu.be/3Jb0cMumKNE)**]**Print and play the Soccer Fortune Teller. | **Soccer Bowling****[**[**YouTube**](https://youtu.be/-Vy4p7c32CA)**]**Use a water bottle as a pin. Pass from 4’ away. Step back each time you knock it over. From how far can you knock down the pin? | **Walk the Soccer Dog****[**[**YouTube**](https://youtu.be/OfpcwCnDZKE)**]**Dribble your soccer ball in the activity area. When the leader says, “Fire Hydrant!” Stop and put your foot on top of the ball to hold it in place.  |
| **Soccer Ninja****Obstacle Course****[**[**YouTube**](https://youtu.be/KWQqJkU0_74)**]**Create an obstacle course. How fast can you dribble through it? |

[Learn how to fold a Hoodie-Ball](https://youtu.be/skvajiwD4b4)

[on the OPEN YouTube Channel.](https://youtu.be/skvajiwD4b4)