

WEEK OF DATE:

STUDENT NAME:

Choose from the activities listed on this menu. Be active at home for at least 30 minutes each day and then mark the day complete at the bottom of the page. **Most importantly, be safe and have fun!**

Practice your locomotor skills while someone watches how awesome you can move!

Here's a list of locomotor skills to choose from:
Walk, Run, Leap, Jump, Hop, Side-Slide, Gallop, Skip
Need help? [Click here for some downloadable help.](#)

Practice jumping over a line on the floor while you cheer for yourself!

Learning how to jump over a line takes practice. Use kind words when you're talking to yourself. Something like, "I'm practicing and getting better!"



Walk and talk! Walk outside if you can, or walk inside your home from room-to-room.

Find someone you care about and tell them about the cool things you did in physical education class and how staying physically active helps your body stay healthy and strong.

Super clean dance party time! Put on some music and help an adult clean up your home.

Everything is more fun with dancing music! Put on some high-energy tunes and start dancing like a cleaning machine. Your body will love being physically active while you're super helpful!

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday: