

## Week 2 - Physical Activity Checklist

Listed below is a variety of activities that you can do at home during our school closure. Pick the ones you would like to try and do some every day. You may want to do some of the activities more than once. The main idea is to keep moving. It will make you healthier and make you feel better. Good luck and have fun! Mr. Davis.

- **Star Jumps** - Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.
- **Musical Frogs** - This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).
- **Bear Walk** - With your bottom in the air step forward with your right hand and step forward with your left foot. Then step forward with your left hand then your right foot. Continue to move across the room in that position.
- **Before Bed Breathing** - While lying in bed, place your hands on your stomach and pay attention to the up and down of your belly as you breathe.
- **Dribble Challenge** - Dribble a ball 100 times with each hand. Can you successfully dribble 100 times with each hand while moving?
- **Play Catch** - Grab any kind of ball and play catch with a family member. Keep your eyes on the ball and catch it with your hands not your body.
- **Wild Arms** - As fast as you can complete
  - 10 Arm Circles front and back
  - 10 Forward Punches
  - 10 Raise the Roofs
- **Mindful Senses** - What do you notice around you? Find:
  - 5 things you see
  - 4 things you feel
  - 3 things you hear
  - 2 things you smell
  - 1 thing you taste
- **Crawl Like a Seal** - Lie on our stomach with your arms straight out front. Use your arms to pull your lower body along keeping your legs and back straight.
- **How Fast Can You Go?** Pick a distance and see how fast you can run the distance.
- **Inchworms** - Keeping your legs straight place your hands on the ground, walk them into push up position, and walk your legs up
- **Commercial Break** - How many jumping jacks can you do during a television commercial?

- **Wake and Shake** - As soon as you get out of bed shake your body any way your like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.
- **Wall Sit** - Put your back up against a wall and slide down like you are a chair. See how long you can hold that position.
- **Jump Jump** - Jump side-to-side over a small object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.
- **Dance Dance Dance** - Put on your favorite song and make up a dance or fitness routine.
- **Step Jumps** - Find a step or bench and jump up and down 50 times. Be careful. Take a break if you need to.
- **Walking Race** - Pick a distance and challenge a friend or family member to a speed walking race. No running!
- **Limbo** - Grab a broom stick and have 2 people hold it. Take turns going under the broom stick arching backwards. Lower the broom after each successful pass. How low can you can?
- **Crazy 8's**
  - 8 Jumping Jacks
  - 8 Vertical Leaps (as high as you can)
  - 8 Frog Jumps
- **Between the Knees** - Gather rounded objects of varying size. Starting with the largest try walking around your house keeping the object between your knees.
- **Toe Fencing** - With a partner, hold each other's shoulders. Try to tap the other person's toe without having yours tapped.
- **Chest Pass** - Practice your chest pass against a wall or with a partner. Remember to step towards your target.
- **Mindful Minute** - For 60 seconds, clear your mind and focus only on your breathing. If your mind starts to wander, bring your attention back to your breathing.
- **Commercial Stroll** - During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing.
- **Read and Move** - Pick a book to read and select an "action word" that will be repeated often. When the "action word" is read stand up and sit back down.
- **Army Crawl** - Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you were moving under barbed wire.
- **Vertical Leaps** - Jump as high as you can for 30 seconds. Repeat.
- **I, Spy Walk** - Go for a walk with your family while playing a game of I, Spy.

- **Random Act of Kindness** - Do an act of kindness for someone and encourage them to pay it forward.
- **Active Word Showdown** - Write down all the active words you can think of (running, hopping, etc.) When finished go act them out.
- **Double Duty** - Go for a walk with a parent/guardian and bring a plastic bag with you. Pick up paper or trash you see along your walk.
- **Skaters** - Hop to your right bringing your left foot behind you with knees bent and body low. Repeat the movement to the left. Do it for 30 seconds.
- **Crabby Clean Up** - Tidy up while walking like a crab! Carry items on your stomach across the room to put them away.
- **Flexible Alphabet** - Can you make your body look like every letter in the alphabet?
- **Balloon Bounce** - Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.
- **Create a Game** - Use your imagination and make up a game. Use a ball, a sock, and a jump rope.
- **Jump Rope to Music** - Can you jump rope to an entire song without stopping?
- **Bicycles** - Lie on your back and move your legs like you're riding a bicycle to strengthen your stomach muscles.
- **Freeze Dance** - Have someone start and stop music. When the music is on dance, when it's off, strike a funny pose.
- **Clap and Catch** - Throw a ball into the air. See how times you can clap your hands before you catch it.
- **Shoulder Shrugs** - Shrug your left shoulder up and down 10 times. Then repeat with your right shoulder 10 times.
- **Crab Race** - Have a race with a friend or family member walking like a crab.
- **Walking** - Practice walking at different paces – running, skipping. Hopping, jumping, galloping, leaping and sliding in different directions.
- **Hopscotch** - Play hopscotch with a friend or family member. Be creative and create your own hopscotch game.
- **Climbing Up** - Can you perform 15 mountain climbers? 30? More? Go for it!
- **Curl up Minute** - How many curl ups (sit ups) can you do in a minute?
- **Hop, Hop, Hop** - Can you hop on one foot and stay in the same spot? 30 seconds? 1 minute?
- **Family Movie** - Watch a movie together with your family. Popcorn?

***HAVE FUN WITH THESE ACTIVITIES AND CHALLENGE YOURSELF. I'LL SEE YOU SOON. –Mr. Davis***