

Physical Health Choice Boards

EDITABLE



Physical Health Choice Board



Everyday choose one of the activities to do. Once you have completed it, colour in the box.



Physical Health Choice Board



Everyday choose one of the activities to do. Once you have completed it, colour in the box.

Do 20 push ups and 10 jumping jacks

Run around outside of house 3

Blow up a balloon and try to keep it in the air for as long as possible. Best to do outside if possible

Play a table game with your sibling

Go for a bike ride for at least 20 minutes. Remember not to stop and chat with your friends ☺

Put on favourite music and dance one is watching

If you have stairs in your house, go up and down them 10 times

Set up an obstacle course in your yard

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Everyday choose one of the activities to do. Once you have completed it, colour in the box.

Do 4 cartwheels and 4 somersaults

Do 15 star jumps and 15 burpees

Help your family and vacuum/sweep the floors in the house

Go outside and play for at least 20 minutes

Build hopscotch squares and hop through it 4 times

Roll a dice. Do any exercise that number of times. Repeat 6 times

Choose an animal and move around your yard/house like them for 5 minutes

Find a kids exercise video on YouTube and do it

Put on your favourite song and dance like no one is watching!



Terri's Teaching Treasures



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Credit:



Physical Health Choice Board



Everyday choose one of the activities to do.
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Do 20 push ups and 10 jumping jacks	Run around the outside of your house 3 times	Quickly touch 20 things in 4 different rooms	Help your parents out and rake the lawn for 20 minutes
Blow up a balloon and try to keep it in the air for as long as possible. Best to do outside if possible	Play a tag game with your siblings	Go for a walk in your neighbourhood	Do 20 squats and 10 burpees
Go for a bike ride for at least 20 minutes. Remember not to stop and chat with your friends ☺	Put on your favourite song and dance like no one is watching!	Crab walk from one end of your house to the other	Do a Just Dance video from YouTube or your game system
If you have stairs in your house, go up and down them 10 times	Set up an obstacle course in you yard	Roll up a pair of socks and toss the "ball" into a bucket 30 times	Do 20 sit ups and 15 lunges
Run on the spot for 2 minutes and then do a plank for 30 seconds	Sit and stand without using your hands 15 times	Do a Go Noodle video that is at least 3 minutes long	Do 30 butt kicks and then army crawl across the kitchen floor

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Karate kick the air 30 times	Put on some music and dance around the room	Jump back and forth over an imaginary line 40 times	Bear crawl from one end of your house to the other
Using your body to make letters, spell your first name	Using a can of soup/vegetables do 30 arm curls	Gallop around the outside of your house 3 times	Do 20 squats and 10 push ups
Touch 12 different walls in your house	Go for a bike ride for at least 20 minutes	Using a chair, sit and stand 35 times	Touch your toes (the proper way...lol) 30 times
Do mountain climbers while you count to 30	Frog jump all the way around your yard	Choose any exercise and do it while you sing the alphabet	Sit on the floor with your legs straight. Grab your toes (don't bend your knees) and count to 40.
Move around the room like a monkey	Run around the outside of your house 4 times	Stand up then lay down. Repeat 15 times	Using your body to make letters, spell your last name

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Do 4 cartwheels and 4 somersaults	Do 15 star jumps and 15 burpees	Help your family and vacuum/sweep the floors in the house	Using a chair, sit and stand 35 times
Go outside and play for at least 20 minutes	Build hopscotch squares and hop through it 4 times	Roll a dice. Do any exercise that number of times. Repeat 6 times	Using a broom, play Limbo with a family member
Choose an animal and move around your yard/house like them for 5 minutes	Find a kids exercise video on YouTube and do it	Put on your favourite song and dance like no one is watching!	Hop on 1 foot around the outside of your house. Then 2 foot hop backwards around the house.
Go for a walk in your neighbourhood	Run on the spot for 2 minutes and then do a plank for 30 seconds	Jump rope quickly for 30 seconds. If you don't have a rope, just pretend you do	Do 20 jumping jacks and then do a plank for 30 seconds
Do 20 sit ups and 15 lunges	Do a pike jump and then a tuck jump. Repeat 20 times	If you have stairs in your house, go up and down them 10 times	Run to the end of your road and back as fast as you can



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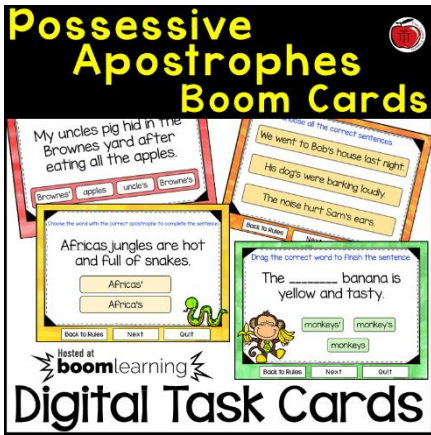


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Recommended For You ...

I know that as an educator your time is valuable. Searching on the Internet or other resources can be very time consuming and frustrating. I am here to possibly save you some time. Based on your purchase here are some other resources I think you would love!

Possessive Apostrophes Boom Cards



My uncle's pig hid in the Browns' yard after eating all the apples.

Choose the correct word to complete the sentence.

Africa's jungles are hot and full of snakes.

Choose the correct word to finish the sentence.

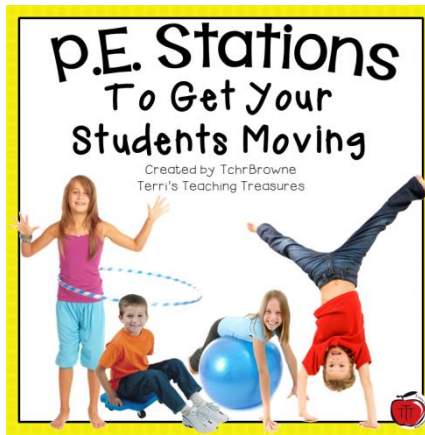
The _____ banana is yellow and tasty.

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Digital Task Cards

p.E. Stations To Get Your Students Moving

Created by TchrBrowne
Terri's Teaching Treasures



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Telling Time Boom Cards



Click on the analog clock that matches the digital clock.

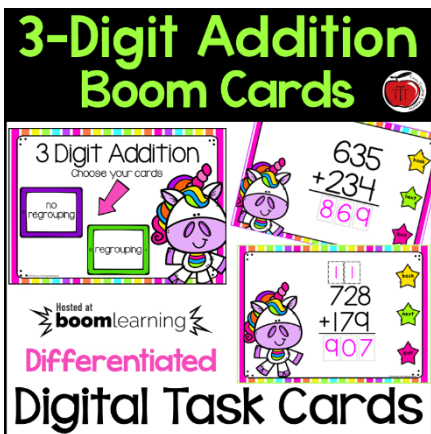
Type the time that matches the analog clock.

Click on the time that matches the analog clock.

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1 Minute Intervals

3-Digit Addition Boom Cards



3 Digit Addition

Choose your cards

no regrouping

regrouping

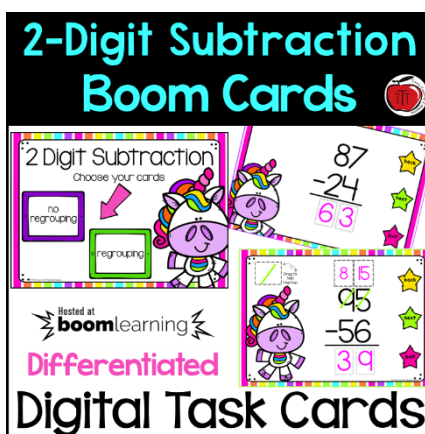
635 + 234 = 869

728 + 179 = 907

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Differentiated Digital Task Cards

2-Digit Subtraction Boom Cards



2 Digit Subtraction

Choose your cards

no regrouping

regrouping

87 - 24 = 63

815 - 95 = 720

95 - 56 = 39

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Differentiated Digital Task Cards

Telling Time Boom Cards



Click on the analog clock that matches the digital clock.

Type the time that matches the analog clock.

Click on the time that matches the analog clock.

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5 Minute Intervals

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