

# Wellness Chice Board -April 27th-May 1st

Pick one or more of the choices to complete for PE/Health this week! Share a comment, photo or video of you doing it on Twitter @jaworek\_pe or email [lnolan@mps-edu.org](mailto:lnolan@mps-edu.org)  
Let's keep moving together!!

## Make Your Own Paddle with Mrs. Nolan

Here is a fun way to practice your paddling skills at home! Use a spatula and a paper plate! If you have a paddle or racket, great! If not, you can make your own! You can also use a balloon, small ball/bean bag OR a ball of socks!

<https://youtu.be/ViUtOdIEfbU>



## FAMILY ACTIVITY

**“Dancing/Working Out Around The Kitchen”!!**  
**Make meal time more fun by dancing/working out while your meal is being prepared, before, or after (digest first!) Everyone can join in!!**  
**Turn up the music!!!**

[https://youtu.be/\\_9squBgn-wI](https://youtu.be/_9squBgn-wI)



## Daily PE Activity Home Challenge!

Challenge yourself with a PE activity every day and share a comment, video or photo!  
Different PE activity challenges will be posted on this blog daily. Have fun!!

<https://www.gophersport.com/blog/daily-activehomechallenge/>



## Health Corner

What is your Heart Rate? Your heart rate is the amount of times your heart beats every minute. You should get 60 minutes of physical activity per day, 30 minutes of which are moderate activity and use your maximum heart rate! To find your maximum heart rate, use this formula:  $220 - \text{your age} = \text{Your Maximum heart rate after physical activity!}$  Your heart will be smiling!! Perform a physical activity and check your heart rate after by feeling your pulse! Count the beats in your pulse for 15 seconds and multiply by 4! Or use a fitbit if you have one!

