

# Wellness Choice Board – May 11th – May 15th

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!!

## Throwing & Catching a Frisbee with Mrs. Nolan

This is a fun time of year to start practicing your frisbee skills! If you cannot get outside, you can modify for indoors if you have a safe spot. Also, if you do not own a frisbee, you can try and make one! Look for a soft, round object that looks similar to a frisbee. One substitution could be a pot holder or a Tupperware/container cover. Be careful if it is not soft. Throwing= Thumb on top, fingers on the bottom. Point to target, cross your body, step & flick!! Catching= Alligator Snap or Crab Claws.

[https://youtu.be/bzQ\\_4iRBPI](https://youtu.be/bzQ_4iRBPI)



## FAMILY ACTIVITY

**Choreograph your own dance!!** Choreograph means “making up and putting together steps for a dance...” **Do this with your entire family or a few members. First, choose your song/music. Listen to it a few times. Second, make up 3 or more steps to go with the music. Have each family member do the same. Next, try and put all the steps together. Practice! Then try your dance with your song! Give it a name! How did everyone do? Watch this video to get some ideas...or you can use this song if you would like to.**

<https://www.youtube.com/watch?v=ohqYQG-Tlas&vl=en>



## 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

Eating healthy foods is super important for your brain and body!  
Watch this video on the 5 food groups. See if you can name them all without looking.  
Challenge: See if you can name one or more foods for each group.  
Draw a plate with foods from each food group...maybe that can be your next meal?!?!?

<https://www.youtube.com/watch?v=L9ymkJK2QCU>

