

Wellness Choice Board – May 18th– May 22nd

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

Let's keep moving together!!

“Shoe Hop Hold” with Mrs. Nolan

For this activity, you will need 2 markers such as cones, milk containers, or cans etc., sneakers, & a clock, stopwatch, timer or phone. This can be done indoors or outdoors. Place one marker down, walk 5 steps and put the other one down. Set your timer for 45 seconds. How many times can you hop from one marker to the other with one shoe dangling off in the 45 seconds? Compete with your family or yourself! Have fun!!

https://youtu.be/nCMPOE_p0yA



FAMILY ACTIVITY

“Crab Walk Carry” With Mrs. Nolan! For this activity, you will need 2 markers: cones, milk containers or cans, ANYTHING!...a stuffed animal and a clock, stopwatch, timer or phone. Place markers 5 steps apart. Set your timer for 45 seconds. See how many times you can crab walk from one marker to another with the stuffed animal on your stomach! Compete with your family or yourself! Enjoy!!

<https://youtu.be/RxO-YxTXIRc>



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

Personal Hygiene is maintaining or keeping your body clean! Watch this video and see all the ways you can keep your body clean and why it is important! Draw a picture of one thing you need to do more and write a sentence why you should. Make it a goal while we are all home and not in school!



<https://www.youtube.com/watch?v=jQ2e0KH5Wrl>