

Wellness Choice Board – May 4th – May 8th

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!!

Sock Bocce with Mrs. Nolan

Bocce (Italians pronounce it Buh-Chee, Americans pronounce it Bah-Chee) is a game that began during the Roman Empire and spread around the world! It became very popular in Italy and the Italians changed the game to what it is today...a popular backyard game that can also be played in the house...with socks! More practice on your underhand toss! Have fun! Get creative! Stay active!

https://youtu.be/IF1n_APkrQ0



FAMILY ACTIVITY

“Mirror, Mirror on the Wall...” Play this game with a partner! One person is the leader, and the other is the mirror. Standing up, facing each other, the mirror tries to keep copying the leader’s movements...another person in the house can try and guess who is the mirror?! Try this a few times switching roles...Play music and you can do dance moves as well! Enjoy!!



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

Create a Healthy Smoothie!!

This activity should be done with an adult! Ask permission first!

First, check to see what fresh or frozen fruit you have, (unless you prefer a veggie smoothie) Then, choose your ingredients, keep it simple! Next, create a name for your smoothie, write out the ingredients, and draw a picture of them or take a photo!****If you are not able to actually make the smoothie, no problem! Plan it out on paper and make it another day! Yummy!!! Did you like it? Did your family like it?



