

Wellness Choice Board -Week 2

Pick one or more of the choices to complete for PE/Health this week! Share a photo or video of you doing it on Twitter @jaworek_pe or email lnolan@mps-edu.org
Let's keep moving together!!

Plank Party with Mrs. Nolan

Pick a SAFE and creative place to perform a plank! Time yourself so you can measure progress. Take a photo or video and share!!

Here is Mrs. Nolan planking & playing tic-tac-toe with her daughter Bella...

https://youtu.be/pwfkyEup_nw



FAMILY ACTIVITY

**Do the Cha-Cha Slide with your entire family or a younger/older sibling!
Turn up the music!!!**

<https://www.youtube.com/watch?v=jupa59OgZcs>



Daily PE Activity Home Challenge!

Challenge yourself with a PE activity every day and share the video!
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 snack using fruits and/or vegetables!

Name your snack, write out the recipe, and take a photo or draw a picture of the snack!

