

Wellness Choice Board -Week 3

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!!side

Stretching with Mrs. Nolan

Here is a quick review of the special stretches we perform in class...great way to start and end the day!

Here I am stretching with my 10 year old daughter, Nadia!

<https://youtu.be/cn-1qADnUVg>



FAMILY ACTIVITY

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

<https://www.youtube.com/watch?v=MASP7TYPYcc>



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

Start a Health Log on paper or in a notebook.

At the end of each day, ask yourself these "Core 4" Questions and write down the answers. This should serve as a guide to improve your daily health!!

"Core 4 Questions":

- 1- What fruits and vegetables did you eat today?
- 2- How did you move today? Indoors or outside
- 3- How many hours did you sleep today?
(should be 8 or more)
- 4- What made you happy today?

*Healthy
Body & Mind*

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