



Staying Active at Home

- ELEMENTARY SCHOOL
- MIDDLE SCHOOL
- HIGH SCHOOL

BACKBOARD BANK IT: ●●●

Score as many points as you can in one minute by tossing the sock balls off the wall and into the basket. You **MUST** use the wall as your backboard and bank it into the basket. Score a point for every sock ball that is banked into the basket. *Materials Needed: Five large sock balls, laundry basket or bucket, a wall*

COIN FLIP 100-METER DASH: ●

On the start signal, flip the coin. Let it land flat on the floor. If it lands on "heads," run in place for 10 steps and then flip the coin again. If the coin lands on "tails," do not run. Flip the coin again until it lands on "heads." Count your steps out loud. When you get to 100 steps the time stops and the dash is over. *Materials Needed: One coin*

COIN FLIP 400-METER DASH:

●● On the start signal, flip the coin. Let it land flat on the floor. If it lands on "heads," run in place for 20 steps and then flip the coin again. If the coin lands on "tails," do not run. Flip the coin again until it lands on "heads." Count your steps out loud. When you get to 400 steps the time stops and the dash is over. *Materials Needed: One coin*

EXERCISE: ● While following all local restrictions and guidelines, it is recommended that all students go for a walk, jog, run, hike, skateboard, roller skate, in-line skate, ride a scooter, ride a bicycle, go horseback riding, or swim for 20-30 minutes daily.

MIRROR, MIRROR: ● Stand face-to-face with your student, about a foot apart, and have the student attempt to copy all your movements. Reach up and stretch to the sky, do 10 jumping jacks, run in place, and balance in different positions. After five minutes, switch roles and copy your student.

OBSTACLE COURSE: ●● Create an engaging obstacle course with your student that include a variety of motions (jumping, crawling, balancing, etc.) and uses a large area. *Materials Needed: Hula hoops to jump through, line of tape to balance on, couch cushions to hop between, table to crawl under, blanket over two chairs to crab-walk through, plastic containers to hurdle over, stuffed animals to roll over, and plastic cups to run around.*

SCAVENGER HUNT: ● Create a list of 20 items from around your house, yard, and/or neighborhood. Find as many items as possible in ten minutes. Score a point for every item that you find. If an item cannot be collected/moved, simply check it off the list.

STICKY NOTE WALL BOP: ●● Randomly attach sticky notes to the back of a door and write a different point value on each one. Make a "start" line a few feet away from the door. Your student will stand behind it with a soft ball, bean bag, or pair of rolled-up socks. Now instruct your student to throw the object to try and hit one of the sticky notes. For each target hit, mark down the number of points and add them up after each throw. An alternative is to write letters on the sticky notes and have students spell out vocabulary words. *Materials Needed: Sticky notes, bean bag, or rolled-up socks*

ADDITIONAL ONLINE RESOURCES:

Elementary School

- » [Cosmic Kids Yoga](#)
- » [Darebee](#)
- » [GoNoodle](#)
- » [Just Dance Now](#)
- » [NFL PLAY 60 App](#)
- » [OPEN Field Day](#)
- » [Ross Chakrian Scavenger Hunt](#)
- » [Sworkit Kids](#)

Middle School

- » [Bodyweight Exercises](#)
- » [Darebee](#)
- » [KIDZ BOP](#)
- » [NFL PLAY 60 App](#)
- » [Nike Training App](#)
- » [Periodic Table of Yoga Poses](#)
- » [Ross Chakrian Scavenger Hunt](#)
- » [Sworkit Kids](#)

High School

- » [Bodyweight Exercises](#)
- » [Darebee](#)
- » [NFL PLAY 60 App](#)
- » [Nike Training App](#)
- » [Periodic Table of Yoga Poses](#)
- » [Sworkit Kids](#)

Adaptive Physical Education

- » [Adapted PE YouTube Channel](#)
- » [Adaptive Yoga For Kids](#)
- » [Dance: Zumba Kids](#)
- » [Dance: Trolls: Can't Stop The Feeling](#)
- » [Get Active. Stay Active. Physical Education At Home](#)
- » [Heartland Area Education Agency](#)
- » [National Center on Health, Physical Activity and Disability \(NCHPAD\) Low Budget Adapted Physical Education Equipment Ideas](#)
- » [Stay Active!](#)
- » [Weekly Activity Log](#)

Family Resources

- » [Sanford Health](#)
- » [Shape America Activity Calendars](#)
- » [PE Central Homemade Equipment Ideas](#)
- » [Dynamic PE ASAP](#)
- » [OPEN Physical Education](#)
- » [Equipment Replacement List](#)