

Pikeville Elementary at home P.E. activities

4/20-4/24	Run 5 Laps around your house outside OR <u>BATGIRL Workout</u>	<u>BATMAN Workout</u> OR Shoot basketball for 20 min	Vacuum/Sweep Your house OR Stretch for 15 Minutes	Do 50 jumping jacks OR Build a cup tower	Jump on your trampoline 20 min OR <u>Ant-Man Workout</u>
4/27-5/1	<u>GoNoodle Workout</u> OR Ride your bicycle for 30 min	Volley a beachball for 20 min OR Run in place for 3 minutes	<u>Captain America Workout</u> OR Run up/down your steps 15 for min	Bear Crawl 3 Laps around your house OR Do as many push-ups as you can in 2 minutes	<u>YouTube Cardio Workout</u> or Invent a tag game and play it with someone else at your house
5/4-5/8	<u>Trolls - Happy Dance</u> OR Ride your bike for 30 min	Dribble a ball B-ball style outside or inside your house where its safe OR Dribble a ball/object soccer style through your house or outside for 5 minutes	<u>GoNoodle Workout</u> OR Play outside for 30 minutes	Underhand toss a sock or any soft object 10 different ways and catch it OR Go for a walk with your family	<u>Space Jam Dance</u> OR Run in place or run laps for 5 minutes
5/11-5/15	Have a plank contest with someone OR Learn/practice juggling from youtube 30 min	<u>Get Active at Home Workout</u> OR Hit whiffle /baseball for 20	<u>GoNoodle Workout</u> OR Play catch (baseball, Football, etc)	<u>Star Wars - SITH</u> OR Play outside for 20 minutes	Choose any (2) activities from the calendar

* Choose one activity a day, or do both!

* If you're not able to do an activity, for some reason, just pick another one.

* ABOVE ALL ELSE!!- Just be active..Go outside as much as your parents and the weather will allow!

Other Daily P.E. Activities

- Build a Fort
- Play Hopscotch
- Rollerblading/Rollerskating/Skateboarding
- “Git up Challenge” dance on youtube
- Take a walk
- Walk the dog
- Practice throwing a frisbee
- USE YOUR IMAGINATION!!!