

# JR/INT. PANTHER FITNESS CHOICE BOARD

Skill Development Activities	Fitness Games	Find Out More!	Take it Outside	Fitness Assessment Preparation
<p>Play toss and catch with a sibling or parent. Start close together and step back 1 pace after each successful catch.</p> <p>Try using a ball, football, or frisbee!</p>	<p><a href="#">Play Splits or Stretch</a></p>	<p>Research and write out the 5 components of fitness. Think of one or more activities we do to strengthen each component.</p> <p><a href="#">Watch Video</a></p>	<p>Go on a nature walk with your family.</p> <p>Can you find these things outside? <a href="#">Scavenger Hunt</a></p>	<p>Go for a 12 Min (or more) Run</p>
<p>Kick bowling Find a bottle, can, or even an action figure will work and stand it up between you and your opponent. Take turns trying to kick at the target to knock it down.</p>	<p><a href="#">Play Heads or Tails</a></p>	<p>Create a workout playlist.</p> <p>Choose 5-10 songs that get you ready to workout!</p> <p>Use your playlist to do one of the circuits.</p>	<p>Go for a 30 (or more) minute bike ride / rollerblade.</p>	<p><b>Circuit</b></p> <p>10 jump squats 10 lunges (alternate sides) 30 sec. Plank hold</p> <p>Repeat 3-5 times</p> <p>Stretch</p>
<p>Use any kind of ball and practise your ball handling skills.</p> <ul style="list-style-type: none"> <li>Circle body parts</li> <li>Push back and forth hand to hand</li> <li>Figure 8s</li> <li>Drop and catch</li> </ul>	<p><a href="#">Mindfulness Tic-tac-toe</a></p> <p>Complete at least 3 of these activities.</p>	<p><b>FREE CHOICE</b></p> <p>Choose an inquiry question about sport, health or fitness and learn something new!</p> <p>-use online resources -ask your parents -read books</p>	<p><b>Outdoor Circuit</b></p> <p>Run around the house 3 times (or block 1 time) 10 elbows to knee 5 tuck jumps 10 burpees</p> <p><b>Repeat 2-4 times</b></p>	<p>1 minute of push-ups</p> <p>How many did you do? _____</p>
<p>Track &amp; Field Practice</p> <p>Long Jump Mark take off line and target line Run towards the line, take off with one foot, land with two feet. Move the target line further away as you reach it.</p>	<p><a href="#">Play Deck of Cards Fitness.</a></p>	<p>Create your own fitness or sport related game. Teach your game to a sibling or parent and play it together.</p> <p><b>Write it out or make a video and send it to me!</b></p>	<p>Create a sidewalk chalk game like hopscotch, a maze, or an obstacle course using objects from around the house.</p> <p>Challenge a sibling or parent to complete the course.</p>	<p>1 minute of skipping rope</p> <p>How many did you do? _____</p>
<p><b>Stretching Routine</b> Do this after you warm up your muscles! Hold each one for at least <b>30 seconds</b>.</p> 	<p><a href="#">Roll for Fitness</a></p>	<p>Consider food labels and be mindful about what you eat.</p> <p>Find out what the following things do for our bodies.</p> <p>Protein Carbohydrates Fats</p>	<p>Do one lap (of house, or block) of each of these locomotor movements.</p> <p>Walk Skip Gallop Shuffle Hop/Jump Run</p>	<p>1 minute of sit-ups</p> <p>How many did you do? _____</p>