

PRIMARY PANTHER FITNESS CHOICE BOARD

Skill Development	Fitness Games	Mindfulness	Exercise	Take it Outside
<p>Play toss and catch with a sibling or parent. Start close together and step back 1 pace after each successful catch. Try underhand and overhand throwing.</p>	<p>Play Splits or Stretch</p>	<p>Draw a picture of you doing your favourite active activity.</p>	<p>Indoor Circuit 20 jumping jacks 10 squats 5 burpees</p> <p>Repeat 3-5 times</p>	<p>Go on a nature walk with your family.</p> <p>Can you find these things outside? Scavenger Hunt</p>
<p>Kick bowling Find a bottle, can, or even an action figure will work and stand it up. Kick a ball at the target to knock it down. Try playing with a partner and alternate turns.</p>	<p>Spell your name</p>	<p>Balance an object on your head while stating 5 things you're good at.</p>	<p>Turn on some music and dance to your favourite tunes.</p>	<p>Go for a 20 (or more) minute bike ride.</p>
<p>Draw a line on the floor using chalk (outdoors) or tape (indoors). Try to walk across the line without falling off. Need a challenge? Try backwards, with your eyes closed or balance something on your head!</p>	<p>Create your own fitness or sport related game. Teach your game to a sibling or parent and play it together.</p> <p>Write it out or make a video and send it to me!</p>	<p>FREE CHOICE</p>	<p>Go for a 20 (or more) minute walk.</p> <p>Challenge: Make it a jog/run!</p>	<p>Outdoor Circuit Run around the house 3 times (or block 1 time) 10 elbows to knee 5 tuck jumps Repeat 2-4 times</p>
<p>Ball handling (use small ball) Bounce, then catch. Pass ball hand to hand Throw it up, catch with other hand. Throw it up, clap then catch. Throw it up, spin then catch. Keep your eyes on the ball!</p>	<p>Play chutes and ladders.</p>	<p>Be mindful of the food you're eating.</p> <p>Can you create a healthy snack?</p>	<p>Cardio - heart pumping!</p> <p>Choose One (or more) Skipping Practice (10+ mins) Hula Hooping (10+ mins) Run on the spot (1 minute, 5 times)</p>	<p>Create a sidewalk chalk game like hopscotch, a maze, or an obstacle course using objects from around the house.</p>
<p>Animal Movements (indoors or outdoors)</p> <p>Bear Crawl</p>  <p>Crab walk</p>  <p>Snake Slither</p> 	<p>Play Set, Shoot</p> <p>From Cira Ontario</p>	<p>Lie down on your back and close your eyes.</p> <p>Squeeze all your muscles tightly for 10 seconds and then relax.</p> <p>Repeat this 5 times.</p>	<p>Stretching Routine Do this after you warm up your muscles! Hold each one for at least 30 seconds.</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>