

PE Activities

Remember that all these activities are suggestions. You can take some and leave some. Just try to mix things up and choose different activities each time. These are tools to help you get active and be healthy. It also is important to make sure you are drinking lots of water every day. Set a goal to make sure you are drinking 8 glasses of water every day! Also, the days set aside for each activity are not set in stone, just try to get to each one three times a week.

Outdoor activities

- Jumping rope
 - Jump for 10 minutes
- Ball Handling
 - Throwing and catching
 - Throw a ball on the roof and wait for it to come down and catch it!
 - Dribble a basketball bounce of the wall and back to yourself
 - Kicking and Passing
 - If you have a fence or wall you can do this by yourself also.
 - Juggling a soccer ball
- Jogging and Sprinting
 - Running back and forth from the front door to the mailbox or from your mailbox to your neighbor's.
- Walking
 - The dog
 - The parents
- Can't touch the ground
 - With a beachball
 - With a balloon
 - With a volleyball
- Scavenger Hunts
 - If you google "At home scavenger hunts" there are numerous hunts to choose from
- Build a fort out of blankets or boxes and don't think you are too cool to use your imagination!