

DAILY ACTIVITIES

Fitness Scavenger Hunt:

Directions: Find a pencil and bring this sheet with you to cross off items as you find and complete them around your house. Don't forget to ask for permission before starting! Plan to spend about 10-15 minutes on this activity. If you finish before then, see if you can add a few of your own creative scavenger hunt items.

- Jog and step foot in each room of your house
- Find and fist bump (carefully) 6 pillows around your house
- Skip to your room and complete 10 jumping jacks
- Slowly and carefully climb up and down one set of stairs (if you don't have stairs complete 40 mountain climbers)
- Gallop to the kitchen and jog in place for 30 seconds
- Hop to the living room and complete 10 perfect push-ups
- Find each family member in your house and give them a compliment
- Frog jump to the family room and complete 10 air squats
- Side slide to the front door and complete 10 jumping lunges
- Walk back to your room and complete 10 sit-ups
- Complete one small chore (optional - ask for permission)
- Tip-toe back to where you started and stretch for 1 minute

Fun Fitness Circuits:

Directions: Choose a circuit (cardio, lower body, upper body OR full body / core) and repeat the listed exercises as many times as possible in 10 minutes. Don't forget to rest between sets! For some extra fun put on some of your favorite music to keep you motivated.

Cardio:	Lower Body:	Upper Body:	Full body / Core:
<ul style="list-style-type: none"> ● 10 mountain climbers ● 10 jumping jacks ● 10 straight leg jumps ● 10 side to side "skaters" / lateral leaps ● 10 high knees ● 10 bottom kickers ● Jog in place for 30 seconds. ● REST 30 seconds – 1 minute ● REPEAT 	<ul style="list-style-type: none"> ● 10 air squats ● 10 lunges (each leg) ● Quadriceps stretch (hold 10 seconds on each leg). ● 10 calf raises ● 10 jump squats ● 10 jumping lunges (each leg). ● Hamstring stretch (hold for 30 seconds) ● REST 30 seconds – 1 minute ● REPEAT 	<ul style="list-style-type: none"> ● 10 push-ups ● Shoulder stretch (hold 10 seconds each arm). ● 10 shoulder taps (holding high plank position) ● 10 triceps dips ● Triceps stretch (hold for 10 seconds on each arm). ● 10 arm circles forward / 10 backwards ● Hold high plank for 20 seconds ● REST 30 seconds – 1 minute ● REPEAT 	<ul style="list-style-type: none"> ● 10 burpees ● 10 crunches ● 10 toe touches (each toe) ● 20 second plank ● 10 mountain climbers ● 10 donkey kicks ● 10 flutter kicks (each leg) ● 10 star jumps ● REST 30 seconds – 1 minute ● REPEAT

Jump 100 / Jump Rope Practice:

Directions: Today is all about jumping! Remember, jumping means taking off of and landing on two feet. The first challenge to get warmed up is to jump 100 times! You can choose any type of jump that you know how to do (ex: straight jumps, frog jumps, ski jumps, squat jumps, jump rope jumps, imaginary jump rope jumps etc.) and use any combination. Can you make it to 100?

Next, choose whether you'd like to practice your jump roping or even the "jump rope rhymes" challenge below. Try to be active and practice for 10-15 minutes. Happy jumping!

"Jump Rope Rhymes" (Activity from [OPENPhysEd.org](https://openphysed.org))

Equipment:

- 1 long jump rope per 3 players
- 1 short jump rope per player

Set-Up:

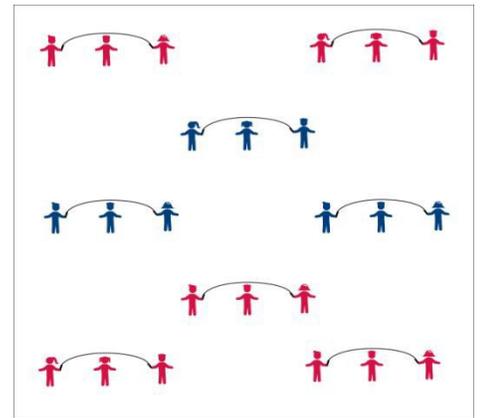
1. 3 players at a rope.
2. Spread out in general space with enough space to turn the rope safely.
3. Get your jump ropes ready!

Activity Procedures:

1. Let's see how long we can jump our ropes using the endurance rhymes listed below.
2. To start, begin jumping your rope while calling out the rhyme. Keep counting (or saying the alphabet) until you make a jump rope mistake and have to stop.
3. How many jumps can you make in a row with no mistakes?
4. After you master each rhyme, work to try and add all of the different jump rope tricks that you know.

Endurance Rhymes:

- I can jump. I can hop. How many jumps before I stop? 1, 2, 3, 4...
- Up, and up. Down, and down. Jump and make the world go 'round! 1, 2, 3, 4...
- Pick a fruit. Pick a veggie. How many picked before I'm ready? 1, 2, 3, 4...
- ABCs and vegetable goop. What letters land in the vegetable soup? A, B, C, D...



“Slamball:”

(Activity from OPENPhysEd.org)

Equipment:

- 1 hoop per 2 (or 4) players (or chalk circle on a sidewalk or driveway)
- 1 ball per 2 players (A playground ball or a tennis ball will work. Really, any ball that bounces and can be caught safely.)

Set-Up:

1. 2 players stand on opposite sides of a hoop, at least 1 step away.
2. If sharing a hoop, 2 other players can stand perpendicular at the same hoop.
3. 1 player starts holding the ball.



Activity Procedures:

1. It's time to play Slam Ball. The object of the game is to successfully catch the ball after it bounces in the hoop or chalk circle.
2. To start the game, the 1st player throws the ball into the hoop. The 2nd player attempts to catch it.
3. Scoring:
 - Ball does not hit inside the hoop (point for receiving player)
 - Ball hits inside the hoop, but does not bounce at least 1 step away from hoop (point for receiving player)
 - Ball hits inside the hoop and bounces over the head of the receiver (point for receiving player)
 - Ball is not successfully caught by receiving player (point for serving player)
4. If 4 players are sharing a hoop and the 2 balls collide, this is a “slam,” and the 2 players who threw the balls switch opponents.

Tips:

- Start with a cooperative version of Slam Ball. How many throws and catches can you make in a row?
- Ready for competition? Get an edge by throwing the ball so that it bounces out of the hoop with different trajectories.

Dribbling Practice (modification):

If “slamball” is too tough, simply take this time to work on your dribbling and ball handling skills. Practice dribbling a ball with two hands, one hand, left hand, right hand, high level, low level. Do you have any moves you'd like to try and work on? Practice for 10-15 minutes.

Locomotor Skills – Games and Practice:

Directions: Today is all about locomotor fun and practice! Plan to work on your jogging, skipping, galloping, hopping, jumping, and side sliding skills. Remember to ask for permission and try to find a place to practice where you have a lot of space.

Next choose whether you'd like to simply practice each skill several times around the house or work space or try out the "Locomotor Shapes" game (listed below).

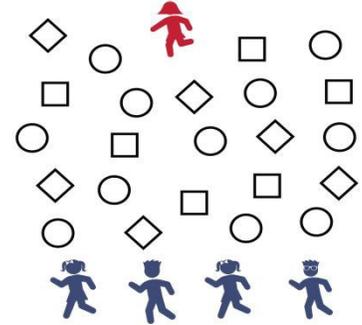
Locomotor Shapes (Activity from [OPENPhysEd.org](https://openphysed.org)):

Equipment:

- Sidewalk chalk
- Large concrete or blacktop area (like a driveway)

Set-Up:

- Create a large activity area by drawing 20–30 circles and 20–30 squares throughout general space. Leave at least 1 foot in between each shape.
- One tagger will begin on one side of the area. The rest of the players line up on the opposite side.



Activity Procedures:

1. Today activity is call Locomotor Shapes. It's a tag game with jumping, hopping, and leaping. The object of the game is for all the players to get to the other side of the area without getting tagged.
2. Designate 1 player to be the tagger. The tagger will start on 1 side of the area, and all other players start on the opposite side of the playing area. To begin, the tagger will say, "READY, SET, GO!"
3. To move, the tagger and all other players must jump, hop, or leap and land correctly from shape to shape. You must jump on squares with a 2-foot landing. You can hop or leap onto a circle with a 1-foot landing.
4. When a player is tagged, start the game over. The person who was tagged will be the new tagger. If all players cross without getting tagged, designate a new tagger and play again.

Tips:

- Think safety first: Don't try to land on a shape if another player is jumping or hopping onto that same shape.
- Work on bending knees, swinging arms, and building momentum for longer jumps and hops.

Dance!



Choreographer Name(s): _____

Song Selected: _____

*** (must be appropriate and approved by parent)***

Dance Patterns to be included: (the group must select at least 2 of the movement patterns below).

- | | | | |
|-------------|-----------------|-------------|-------|
| grapevine | side shuffle | scoop | jump |
| brush/scuff | heel taps | toe taps | hop |
| pivot | "step together" | "step drag" | twist |

Organization: (draw / map out how the dance will be set up)

How many "walls" is this dance? (how many walls will you face when completing your dance):

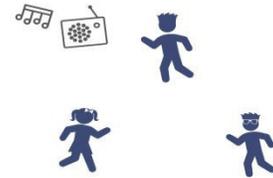
Dance / Step Sequence: (list the steps you have chosen, how many "counts" for each step, and the order your team will complete them in).

“Dance Party”

(Activity from [OPENPhysEd.org](https://openphysed.org)):

Equipment:

- Dance Cards
- Upbeat, fun music and music player



Set-Up:

- Create a safe space large enough to dance with friends.
- Get your music ready!

Activity Procedures:

1. It's time for a dance party!!! You're going to make this party ROCK by creating your very own dance.
2. You'll create a dance for 8 counts (beats) using the Dance Card to give you movement ideas.
3. Now it's time to practice! Start the music and let everyone perform their dance moves at the same time!
4. Then, let's put our moves together. First, your friend will perform her/his dance for 8 counts. Next, you'll take a turn and perform yours. Continue through all of your friends' moves.
5. Next, teach each other your dance moves, put them in a sequence and then complete the entire dance all together! Keep the music pumping and dance!

Tips:

- Practice counting 8 beats by clapping and counting to aloud to the music. Next, jump up and down while counting aloud to the music. Finally, jump up and down for 8 counts, clap for 8 counts, and then repeat until everyone understands how to count 8 beats of music.

Dance Cards:

Robot Dance	Basketball Dance
Football End Zone Dance	Superhero Dance
Grasshopper Dance	Soccer Dance
Tiptoe Dance	Super Cardio Dance

Backyard Frisbee Golf:

Equipment: 1 hula hoop (a large basket or looped rope would work as well) per pair / group

1 Frisbee per person

1 pencil for recording score (optional)

Directions:

- Pair up with a family member.
- Rock, paper, scissors for who gets to place the hoop (basket or looped rope) and who chooses the starting spot.
- After the hoop has been placed, both players return to the selected starting spot.
- Both players will take turns taking their first throw toward the hoop (basket or looped rope). Once they have both thrown they run to where their Frisbee landed. The player whose disc lands the furthest from the hoop throws next. Players will continue throwing until their Frisbee lands inside the hoop.
- Players should keep track of how many throws it takes them to land the Frisbee in the hoop.
- Like golf, the lower the score the better!
- After completing a round, move the target and starting point and start the next round. Try to challenge yourself!
- If you'd like to keep score, use the score sheet below to record scores for each round.

Frisbee / Hoop Golf (Score Sheet)

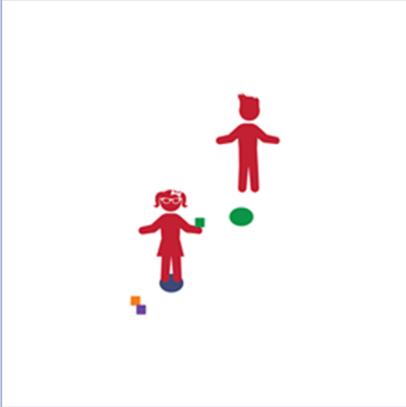
Player Name:	Hoop 1 Score	Hoop 2 Score	Hoop 3 Score	Hoop 4 Score	Hoop 5 Score	Hoop 6 Score	Hoop 7 Score	Hoop 8 Score	Hoop 9 Score	Hoop 10 Score	Total Score:



“Happy Bean Bag Challenge” (Activity from [OPENPhysEd.org](https://openphysed.org))

Modification: Throwing / Tossing Practice – If the “Happy Bean Bag Challenge” is too complicated, try playing it with the tosser facing in the direction of their tossing target. Players can take turns moving the target and challenging each other. Try to incorporate both under and overhand throws.

Equipment:



- 2 poly spots/paper plates per 2 players
- 3-4 bean bags per 2 players

Set-Up:

1. Place 1 poly spot (paper plate) on the ground (for your partner to stand on).
2. Hold the spot, ready to begin the game.

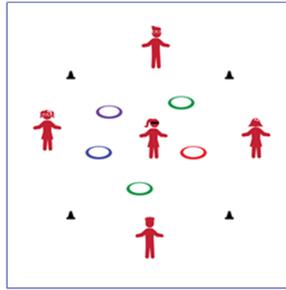
Activity Procedures:

1. Today’s activity is called Be Happy Bean Bag. Have your partner stand on the poly spot on the ground with their eyes closed.
2. Walk behind your partner and place the other poly spot somewhere behind them in the field of play.
3. Tell your partner to open their eyes but not to look behind them for the target just yet.
4. Communicate how far away the poly spot is from them. (e.g., “It is 5 feet behind you, straight back.”)
5. Give your partner 1 bean bag. They will toss it over their shoulder to try to hit the target according to the directions given.
6. If they hit the poly spot, switch positions and let them hide the spot. If not, communicate how they missed (e.g., “You threw it 2 feet too far”), hand them another bean bag, and let them try again. (Repeat until you run out of bean bags.)

Tips:

- Add an element of success by scoring points for every beanbag tossed that is closer to the spot than the first beanbag tossed. This emphasizes improvement without perfection.

“Blindfold Build” (Activity from [OPENPhysEd.org](https://openphysed.org))



Equipment:

- 5 hula hoops per team
- 1 blindfold per team per team
- 4 cones or spot markers per team

Set-Up:

7. Create an 8'x8' play space (1 per team) using cones or spot markers.
8. Scatter hoops within the play space.
9. Create teams of 2-5 players.
10. Teams stand outside of the play space with 1 player wearing blindfold.

Activity Procedures:

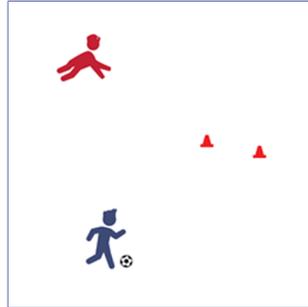
1. Today's activity is called Blindfold Building. The group will use positive communication to guide the blindfolded player through the play area to collect all the hoops.
2. Only the blindfolded player may be inside your team's play space. The other team members must remain outside the play space.
3. The group may move around the outside of the play space as needed to help guide the blindfolded player safely to the hoops and assembly area.
4. Once the blindfolded player collects all the hoops, the other players will instruct her/him to build a hula hut.

Tips:

- Keep players safe by making sure they stay in bounds.
- Keep the activity area quiet during this activity so teams can communicate clearly and effectively.
- If a player doesn't wish to be blindfolded, respect that choice.

“Soccer Croquet” (Activity from [OPENPhysEd.org](https://openphysed.org))

Modification: Soccer skills practice – If “Soccer Croquet” is too tricky, take this time to work on soccer ball dribbling skills (use inside of feet for best control, keep head up, keep ball close etc.) and kicking skills (passing – inside of foot, step next to ball and point non-kicking foot at target, shooting – toe down, kick with laces, follow through at target). Feel free to make a maze of cones or items from the house to dribble through or use as a target for passing and shooting practice.



Equipment:

- 1 soccer ball
- 2 cones or markers

Set-Up:

1. Determine a starting point. Place the soccer ball there.
2. Place 2 cones (spaced 2–3 feet apart) approximately 10–20 paces away from the starting point.
3. 1 player assumes a crab position anywhere in the activity area, but not near the cones.

Activity Procedures:

1. It's time to play Soccer Croquet! The object of the game is to see how many hits it takes you to pass the soccer ball through the wickets.
2. Player 1 will begin at the starting point. Count how many passes it takes you to pass the ball through the 2 cones (the first wicket).
3. Then, keep counting and see how many more passes it takes you to pass the ball under the player making a crab pose (the second wicket).
4. Switch roles (someone else becomes the wicket) and play again. The player with the lowest score wins that round!

Tips:

- Use the inside of your foot to pass the ball. This will improve your accuracy.
- Vary the distance in between the wickets to increase or decrease the difficulty.
- Change your crab pose to another position that supports muscular endurance (plank, squat, etc.).

Driveway Games:

4-Square:

Rules / Directions:

- The ball starts with the King (or Queen) in square 4.
- The King / Queen bounces the ball once before serving (striking the ball with an open hand) diagonally to the player standing in square 1.
- The player in square 1 allows the ball to bounce once in his/her square before striking it to any other player's square (can go to 2,3, or 4).
- All players must wait for the ball to bounce once inside their square before striking it.
- A player may not catch or carry the ball (ball must always be struck with an open hand(s)).
- If the ball lands in a player's square and they are unable to strike it into another's square or if they strike the ball and it goes out of bounds, the player is out.
- Players rotate through the squares in numerical order (Ex: If player 3 gets "out," he or she leaves the game, goes to the end of the waiting line to wait their turn to try again and the player in square 2, fills in to square 3, the player in square 1 moves to square 2 and a new player steps into square 1).

*****Any ball that lands on a line or play where 2 or more players disagree on who is "out" results in a RE-DO!*****

"Knock-Out"

- Students stand in a line behind free throw line (designate with chalk or cone).
- The first two students in line have a ball.
- The first student (player 1) shoots the ball.
- Once player 1 shoots, the second student in line (player 2) may shoot their ball attempting to make a shot before the player 1 makes it.
- If player 1 makes the shot before player 2, they get their rebound and pass it back to the next player waiting in line.
- If player 2 makes a shot before player 1, player one is "knocked out."
- Essentially, if the player behind you in line makes a shot before you do, you are "knocked out."
- Knocked out players may wait on the side line until the round is over and a new game begins.

FAMILY GAME SUGGESTIONS

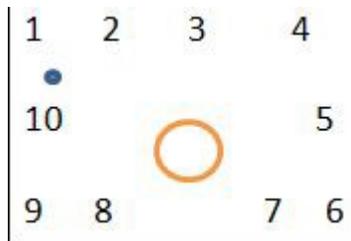
“Around the World”

Equipment: One basket (laundry basket would work perfect), one yarn ball (a large rolled up sock will work)

Safety: Be sure all breakable items are cleared from the playing area

Rules / How to Play:

- Select a large room or playing area and place the basket in the center of the playing area.
- Designate (label if you feel it’s necessary) 10 areas around the perimeter of the playing area where players will attempt to throw from. Feel free to add challenging throws (ex: from behind a chair, over a railing etc.).
- All players start at throwing area # 1.
- The first player attempts to throw the ball (or sock) into the basket.
- If the player makes the shot (without it bouncing out), they get to continue onto the next throwing area (must go in order).
- If a throw is missed, the player can choose to either stay at this new level until their turn comes around again or they can “chance” it and take a second throw.
- If a “chanced” throw is missed, the player has to return all the way back to the beginning (even if they are all the way at the tenth spot). If the chanced throw is made they get to continue on with their turn advancing to the next throwing area.
- The first player to make it all the way around the world (make it from all ten spots) wins the game.



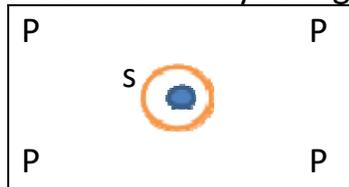
“Snake Egg”

Equipment: One yarn ball or rolled up large sock, small hoop or rope loop (to place the ball inside)

Safety: Safe tagging, those trying to steal the egg must stay on their feet (no diving), keep your body under control, look out for other players.

Rules / How to Play:

- Place the hoop, poly spot or rope loop in the center of the room or playing area and place the “snake’s egg” (the sock or yarn ball) inside.
- Select one player to be the “snake” who is trying to protect his / her egg from being stolen.
- The snake is not allowed to stand or kneel on or inside of the hoop holding the egg.
- The rest of the players spread out on the outside of the playing area.
- Once the game begins, players on the outside of the playing area attempt to steal the egg from the snake without getting tagged (“bitten”) in the process.
- If bitten, the player must go to the outside of the playing area and do 5 jumping jacks before making another attempt.
- If a player is able to successfully steal the snakes egg before the snake can tag them, he or she gets to become the new snake.
- The snake may use any part of their body to tag a player (feet count, just no kicking!)



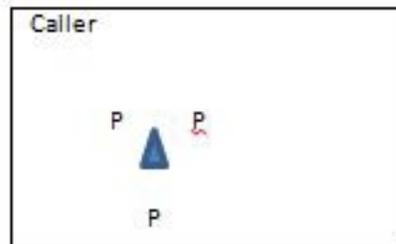
“Head, Shoulders, Knees and Cone”

Equipment: One cone (a large water bottle could work as well)

Safety: Be careful not to bump heads.

Rules / How to Play:

- Designate one player to be the “caller” (this player gives the commands, does not play the round).
- The rest of the players stand around the cone.
- The caller begins to call out different body parts (ex: head, shoulders, knees, toes, etc.)
- The players must respond to the calls by touching placing their hands on the part of the body designated by the caller.
- At any point, the caller may call out “cone.”
- The player that is able to place their hand on the cone first wins the round.
- Players can decide at the beginning of the game whether they want round winners to become the new caller or if they’d prefer to have the round winner stay on for a new round and instead select an opponent to become the new caller.
- Players can decide to play “best of ten rounds,” best of twenty” etc.
- Parents, feel free to call out specific muscles (rather than body parts) to challenge your students.



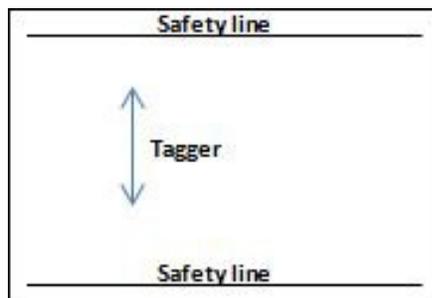
“Blind Man’s Bridge”

Equipment: Blindfold – optional (long sock, or head band would work as well), cones or items to mark end lines (safety zones).

Safety: All players including the tagger must remain on their hands and knees for the duration of the game. The blindfold is optional – closed eyes will work fine as well. Be sure to clear the area of any potential hazards that the blinded tagger could run into.

Rules / How to Play:

- Designate two lines on each end of the playing area which will serve as the “safety line” where players who are not the tagger will line up (on their hands and knees) and wait for the call for the game to begin.
- The tagger (the king or queen of “Blind Man’s Bridge”) puts on the blindfold or closes their eyes, gets on their hands and knees and starts in the middle of the playing area.
- When the tagger calls out “Who dares to cross the “Blind Man’s Bridge?” players attempt to sneak across the playing area and make it past the safety line on the other side of the room without getting tagged by the tagger.
- If a player gets tagged before making it to the safety line, he or she becomes the new king or queen of “Blind Man’s Bridge” for the next round.
- If no players are tagged, the same tagger remains and a new round is begun.
- The goal is to see how many times a player can sneak across without getting tagged and having to become the new tagger.



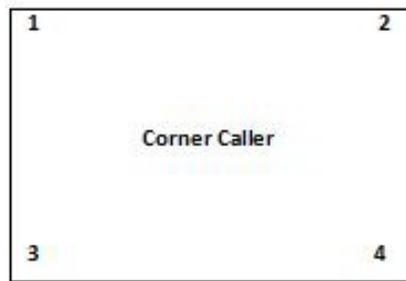
"4 Corners"

Equipment: 4 pieces of paper numbered 1-4 in large writing

Safety: Be sure not to run into one another while switching corners

Rules / How to Play:

- This should be a nice little cool down / calm down game.
- Place one number in each corner of the playing area.
- Select one player to be the "Corner Caller" (this person will sit in the middle of the playing area with their eyes closed).
- Instruct the rest of the players that they have 10-20 seconds to quickly walk or jog carefully to a corner of their choice.
- The corner caller counts to ten out loud before yelling "STOP" (with their eyes still closed). Next he or she will call out a corner # 1-4 (After they say the number they can open their eyes).
- Players who are in the corner he/she calls, are "out" and must wait on the sidelines until the next round.
- The "Corner Caller" closes his/her eyes again and the game continues with those players still left over.
- The game is over when there is only one player left in the game.
- The winner of each round can become the next corner caller.



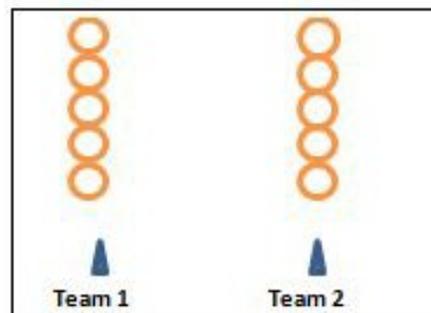
Rolling Relay

Equipment: 2-4 cones (or something to mark starting line), yarn ball or rolled up large sock, 5-20 hoops or ropes that can be looped.

Safety: Be careful not to slip on hoops.

Rules / How to Play:

- Split players into at least 2 teams and have them start by sitting in a straight line behind their cone or starting line.
- Across the playing area place a row of 4-6 hula hoops on the ground in line with each team's cone.
- Provide each team with one yarn ball or rolling item.
- The goal of this game is for players to take turns with their team rolling the yarn ball across the playing area toward their row of hoops attempting to have their ball land/stop inside one of their hoops.
- If a player is able to land their roll into one of their hoops, they have earned that hoop for their team and they get to bring it back and place it over their team's cone.
- The game continues until one team is able to successfully bring back all of their hoops.
- For an added challenge, can add a rule where players have to get hoops in order (ex: closest to furthest, or furthest to closest etc.).
- Players should not throw their ball to the next person in line, just run it back and hand it off.



Locomotor Relay

Equipment: 4 cones to mark start and finish lines

Safety: Be sure to keep body under control and move safely

Rules / How to Play:

- Split players into at least 2 teams and have each team line up behind their starting cone.
- This is a fun way to practice locomotor skills in a fun, competitive way.
- On an agreed “go” between the two groups, the first player in each team performs the designated locomotor skill as quickly as they can down around the far cone and back to the next person in line.
- Upon returning to their line, they give the next person in line a “high five” and goes to the end of the line to sit down.
- The first team to have everyone perform the skill around the cones and be back sitting in line with their team is the winner of the round!
- Be sure to incorporate at least one round of the major locomotor skills (run, jump, hop, skip, gallop, side slide) and then feel free to add in some fun movement patterns (frog jump, bear walk, crab walk etc.).

