Exercises for at home Physical Education

(Pick a few to do each day)

1. Playing a sport (basketball, baseball, football…)
2. 1 min wall sits
3. Burpees
4. Push ups
5. Sit ups
6. Squats
7. Yoga (stretching)
8. Cleaning up your room
9. Cleaning up the house
10. Taking out the garbage
11. Drink lots of water throughout the day
12. Go for a walk or a run
13. Jumping squats
14. Put on your favorite song and dance
15. Help prepare a heathy meal
16. Plank
17. Dips (use a chair or the couch)
18. Pull ups
19. Riding your bike
20. Be Kind and Patient with your family. We are all in this together