PE Choices

**Roll The Dice**

Roll 2 dice and add them together to see which exercise to complete. Take turns if playing with someone else ☺

2 = 10 jumping jacks

3 = 15 squats

4 = 10 sit ups

5 = 30 seconds of dance moves

6 = 25 line jump overs

7 = 6 frog jumps

8 = 12 crab kicks

9 = 5 push ups

10 = Run 2 laps around the living room

11 = 11 arm circles

12 = Roll again ☺

**Flip a Coin Workout**

All you need is one coin. Flip it and follow the chart below.

10 is the number for how many exercises to complete unless it says otherwise.

**Round** **Heads** **Tails**

1 Jumping Jacks Push ups

2 High Knees Mountain Climbers

3 Line Jump Overs Arm Circles

4 Squats Dance Moves

5 Plank –Hold 30 sec. Run in place – 30 sec.

6 Jump Rope Sit ups

7 Frog Jumps Air punches

8 Burpees Crab Kicks

**Chalk Your Walk**

Go for a walk with your family for 20 minutes. If you have sidewalk chalk, leave a kind message on a sidewalk for someone else to see ☺