



## **My At-Home PE Activities**

**\*\*Choking hazard\*\* some items in your bag are little! DO not put them in your mouth or siblings mouth.**

In your bag you will find these items. They are your items to help you be successful at some of the games and activities we have planned while you are at home! You can do any of the attached activities with your family or when you are bored. Your classroom teacher knows you have them too so make sure you keep them in a safe spot in case you need to grab them!! **They are yours! DO NOT BRING THEM BACK TO SCHOOL.**

1. Fidget or Stress Ball (because we all get stressed sometimes)
2. Dice (Don't swallow this or give to your sibling to swallow)
3. (Paddle) Paper Plate & stick
4. Cards
5. Plastic coin
6. Popsicle Sticks (One pair)
7. Jump Rope
8. Activity "Board game" and Directions

### **Dice Games:**

"Keep it Moving" - Family game night activity (See Attachment)

"Roll some Exercise" - (See Attachment)

"Roll this, While that" - (See Attachment)

### **Card Games:**

"Fit Deck" (See Attachment)

### **Coin Game:**

"Flip a Coin" workout (See attachment)

### **Paddle and Balloon**

This will be a PE activity. Keep logging in each week to find out when!

### **Jump Rope:**

This will be a PE activity. Keep logging in each week to find out when!

### **Popsicle Sticks: (One pair)**

This will be a MUSIC activity! Keep logging in each week to find out when!

**THANK YOU!**

**Dr. Deren Flesher & Dr. Matt Maune at Royal Oak Family Dental for providing everything in our bag!**

## “Fit Deck” Exercise Chart and Directions

Take one card from the deck. Complete the exercise that matches the card and the amount.

**For example:** A 9 of hearts = 9 jumping jacks if you get a face value card your amount is 10!

Can you add two cards? **For example:** A 9 of hearts and A 3 of diamonds = 12 Jumping Jacks AND 12 Jog in Place.

Assignment: Did you play Fit Deck? Did you add two cards? What was the sum of your exercises?!

