



Phys. Ed Choice Board

Always get a parent/guardian permission before doing the activity!

Chase bubbles! If it is cold enough, the bubbles will freeze.	Play movement games. Simon Says, Charades, or Twister	Make a snowman, snow fort, or snow maze on snowy days	Play a tag game with your siblings	Go for a walk in your neighbourhood
Set up an obstacle course in your yard	Shovel your driveway or a neighbours driveway if they need help	Touch 12 different walls in your house	Go sledding, throw snowballs, or make snow angels.	Blow up a balloon and try to keep it in the air for as long as possible.
Run around the outside of your house 4 times	Go outside and play for at least 20 minutes	Collect rocks and paint them	Help your parents with vacuuming or washing the floor	Help an adult unpack and put away groceries... especially the heavy ones.
Try a winter sport outside - skating, snowshoeing, skiing, snowboarding	Play your favourite songs and dance like no one is watching!	Go on a winter-wonder walk. Try playing 'I Spy' or make it a silly walk. Gallop like a horse, run like a cheetah, hop like a bunny, etc.	Play Sock Score: (how many times can you toss socks in a bucket without missing?)	If you can't get outside do some of your favourite GoNoodle/Would you rather/ Chase videos