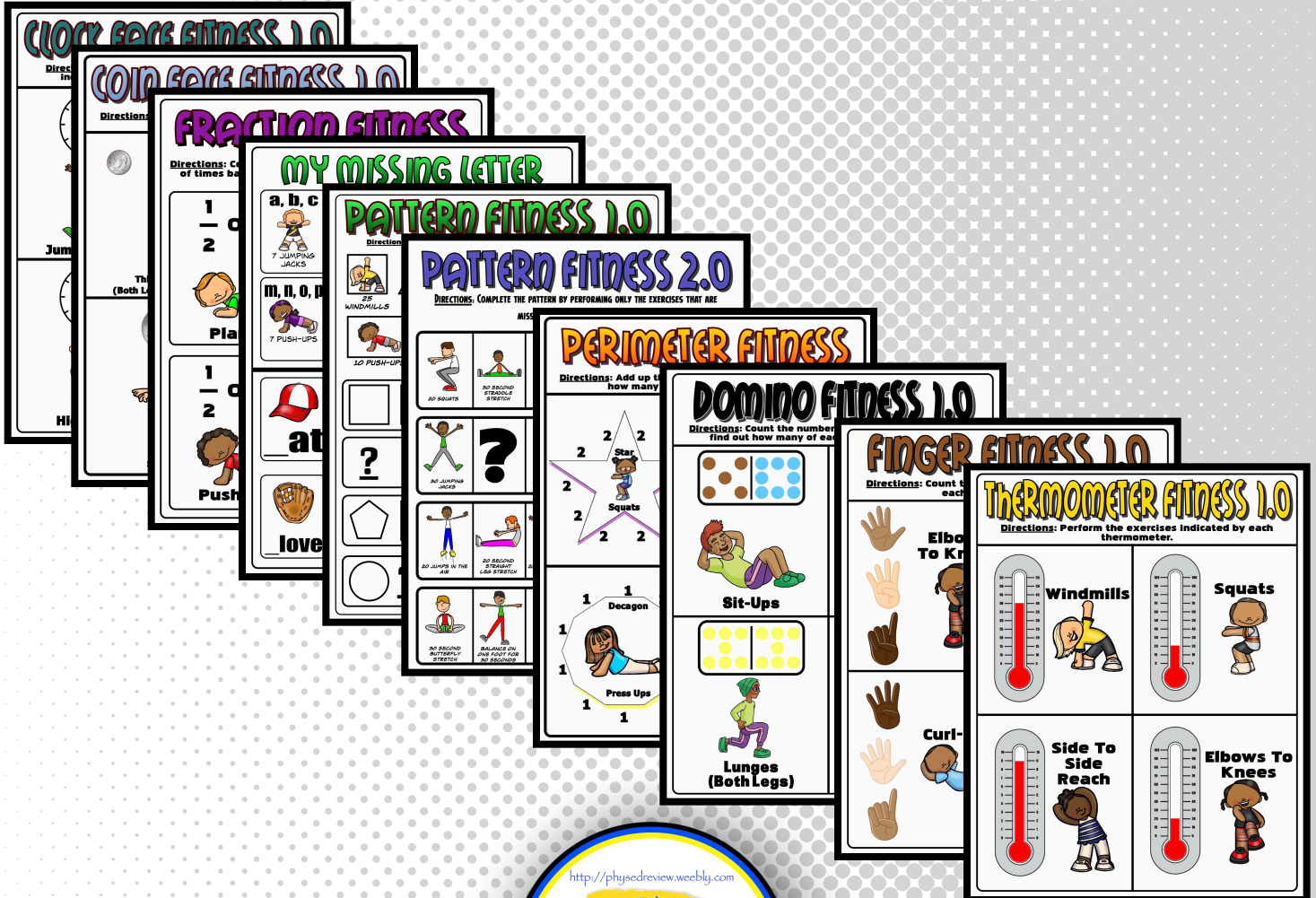


10 AT HOME LEARNING & MOVEMENT ACTIVITIES



Created by Kevin Tiller

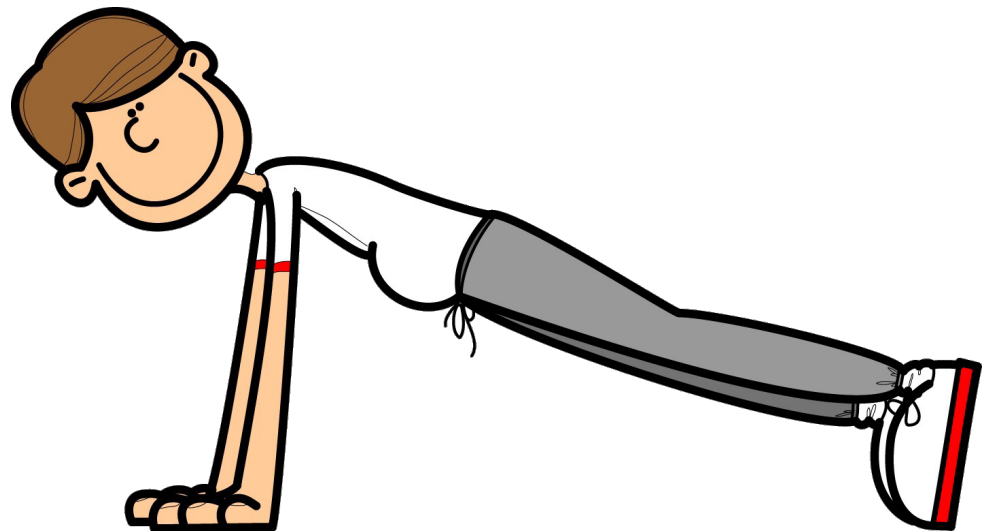
<https://physedreview.weebly.com>

10 AT HOME LEARNING & MOVEMENT ACTIVITIES



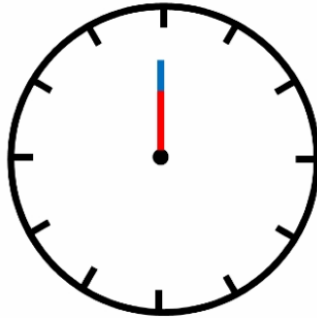
Enclosed you will find 10 different at home learning & movement activities. Please feel free to use with your students and share with as many as you'd like.

**Kevin Tiller
(Phys.Ed.Review)**

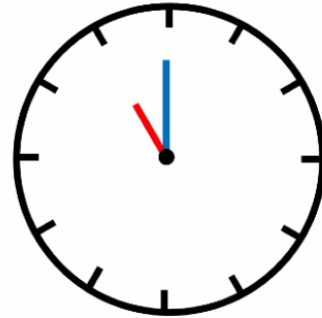


CLOCK FACE FITNESS 1.0

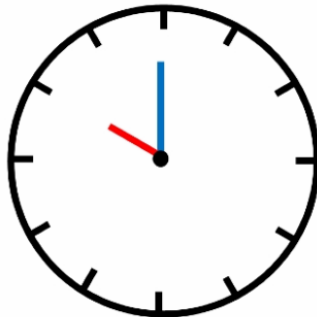
Directions: Read the clock and perform the exercises indicated by the hour hand (red hand of clock).



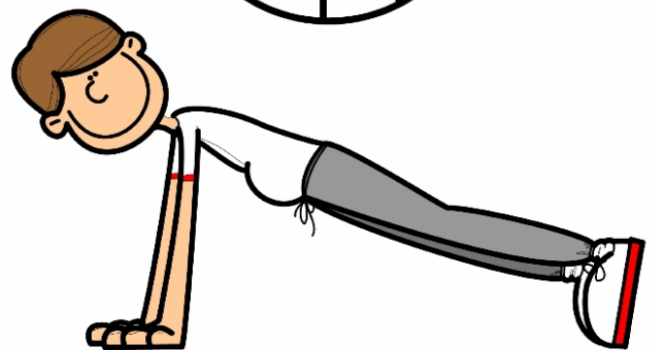
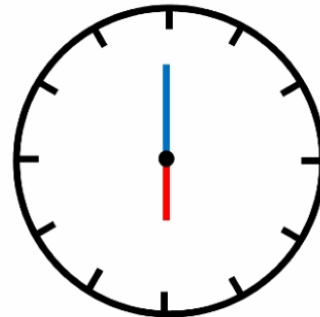
Jumping Jacks



Butterfly Stretch



High Knees



Push-Ups

COIN FACE FITNESS 1.0

Directions: Add up the coins to find out how many of each exercise to perform.



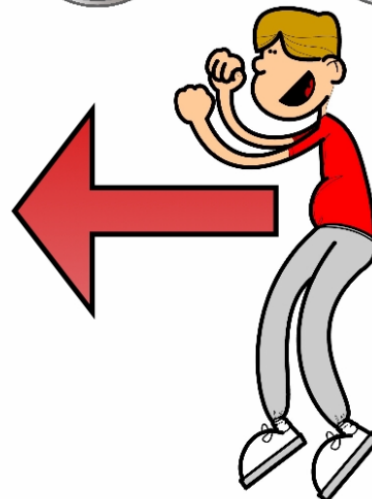
**Thigh Stretch
(Both Legs In Seconds)**



Sit-ups



Squats



Jumps Forward

FRACTION FITNESS

Directions: Complete each exercise the indicated number of times based on the fraction of each number given.

$\frac{1}{2}$ Of 40



Planks

$\frac{1}{2}$ Of 50



Windmills

$\frac{1}{2}$ Of 20



Push-Ups

$\frac{1}{2}$ Of 40



Thigh Stretch
Both Legs!

MY MISSING LETTER

a, b, c



7 JUMPING JACKS

d, e, f



7 SQUATS

g, h, i



JOG 3 LAPS

j, k, l



25 WINDMILLS

m, n, o, p



7 PUSH-UPS

q, r, s



25 LEG LIFTS
EACH LEG

t, u, v



20 SECOND
STRETCH BOTH
LEGS

w, x, y, z



30 SECOND
PLANK



_ at



b _ ll



hoo _



_ all



_ love



b _ tter



whist _ e



drib _ le

PATTERN FITNESS 1.0

Directions: Complete the pattern by performing the exercise that is missing in each row and labeled with the "?".



25
WINDMILLS



JOG
2 LAPS



30 SECOND
STRETCH



25 JUMPING
JACKS



15 SQUATS



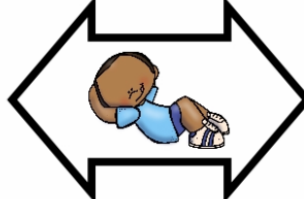
15 SECOND
LEG STRETCH



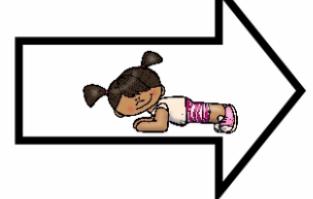
10 PUSH-UPS



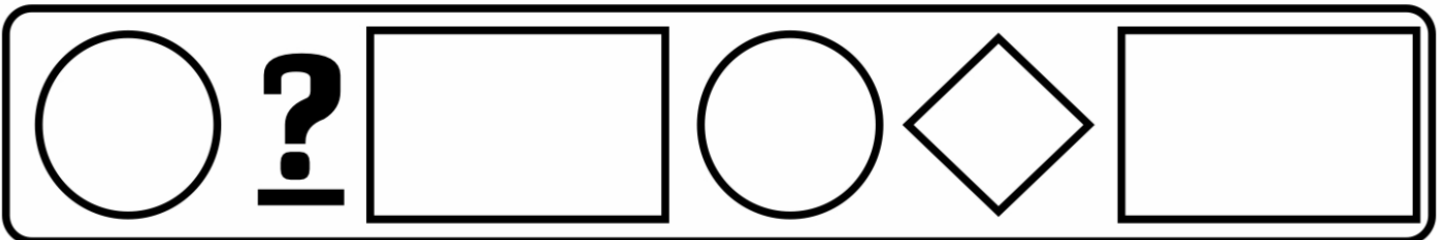
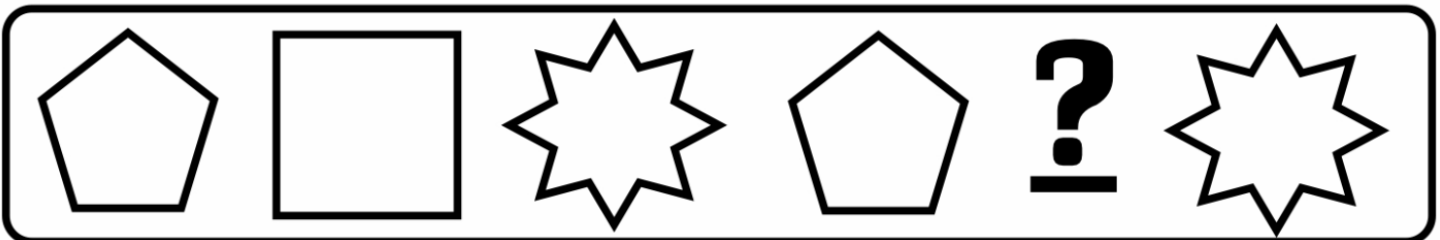
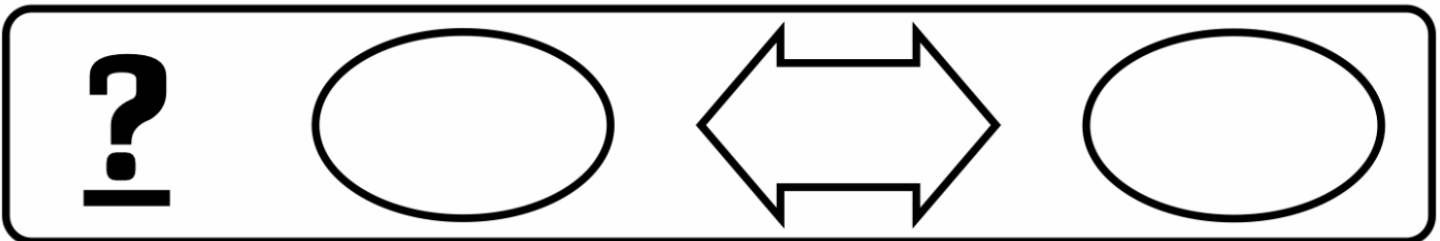
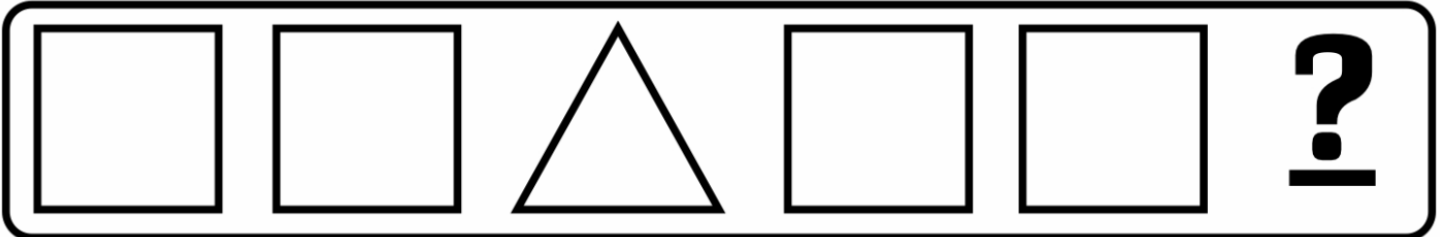
15 SECOND
LEG STRETCH



10 SIT-UPS









30 SECOND
PLANK






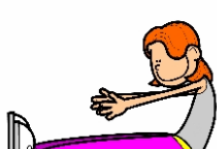








PATTERN FITNESS 2.0

DIRECTIONS: COMPLETE THE PATTERN BY PERFORMING ONLY THE EXERCISES THAT ARE MISSING AND MARKED WITH A "?".

 <p>20 SQUATS</p>	 <p>30 SECOND STRADDLE STRETCH</p>	 <p>20 SQUATS</p>		 <p>20 SQUATS</p>	 <p>30 SECOND STRADDLE STRETCH</p>
--	---	--	--	--	---

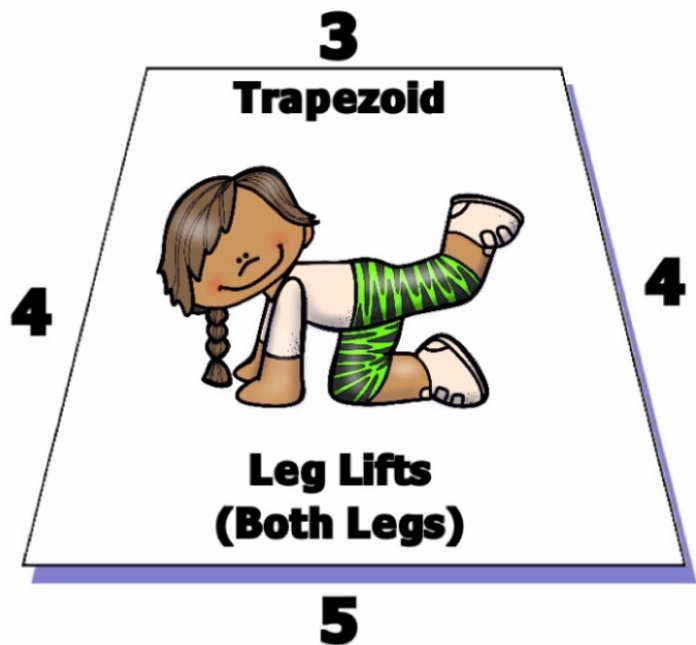
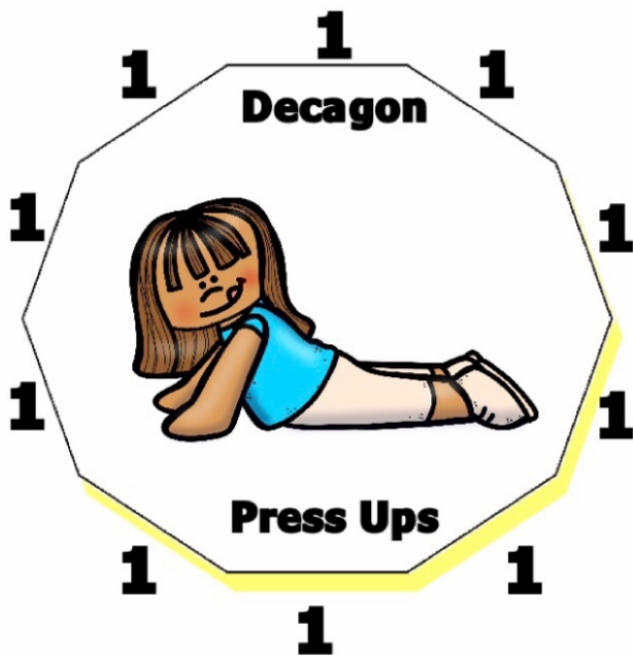
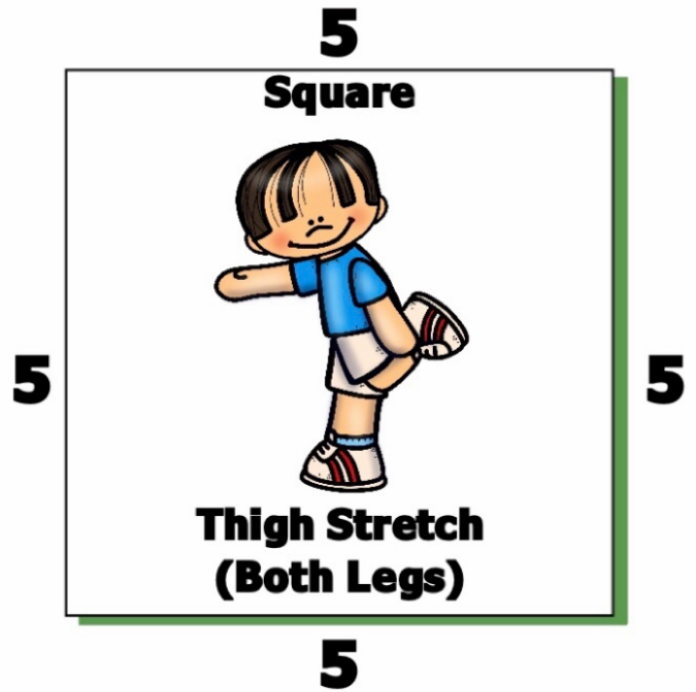
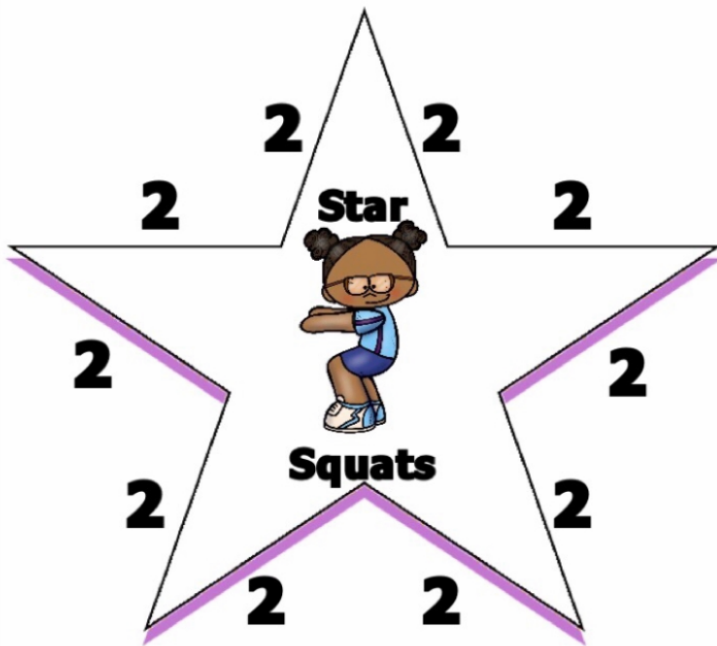
 <p>30 JUMPING JACKS</p>		 <p>30 JUMPING JACKS</p>	 <p>20 MOUNTAIN CLIMBERS</p>	 <p>30 JUMPING JACKS</p>	 <p>20 MOUNTAIN CLIMBERS</p>
--	--	--	---	--	--

 <p>20 JUMPS IN THE AIR</p>	 <p>20 SECOND STRAIGHT LEG STRETCH</p>	 <p>20 JUMPS IN THE AIR</p>		 <p>20 JUMPS IN THE AIR</p>	 <p>20 SECOND STRAIGHT LEG STRETCH</p>
--	---	--	--	--	---

 <p>30 SECOND BUTTERFLY STRETCH</p>	 <p>BALANCE ON ONE FOOT FOR 30 SECONDS</p>	 <p>30 SECOND BUTTERFLY STRETCH</p>	 <p>BALANCE ON ONE FOOT FOR 30 SECONDS</p>	 <p>30 SECOND BUTTERFLY STRETCH</p>	
--	---	--	--	--	---

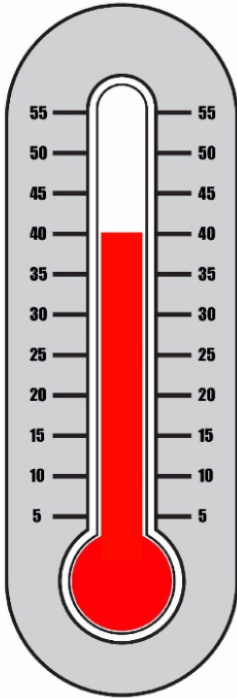
PERIMETER FITNESS

Directions: Add up the perimeter of each shape to find out how many of each exercise to perform.

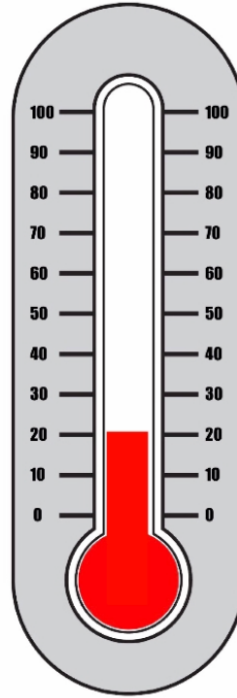


THERMOMETER FITNESS 1.0

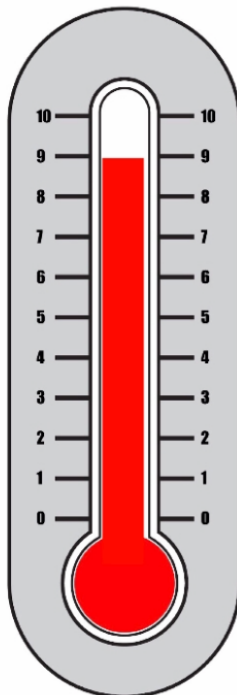
Directions: Perform the exercises indicated by each thermometer.



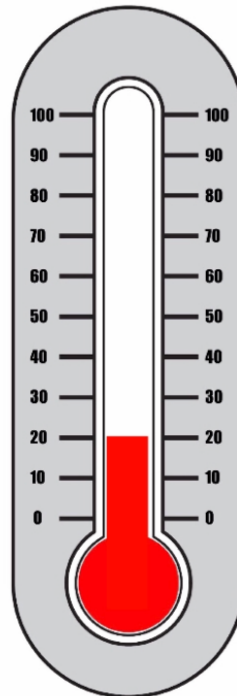
Windmills



Squats



Side To Side Reach

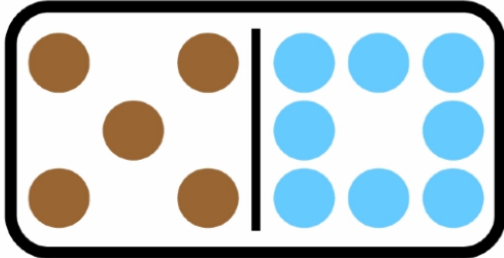


Elbows To Knees

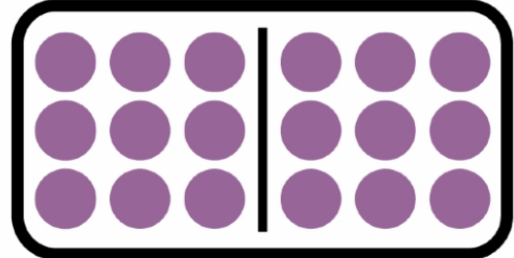


DOMINO FITNESS 1.0

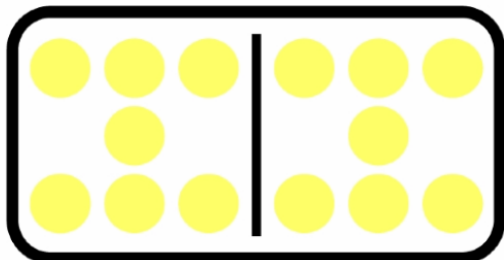
Directions: Count the number of dots on each domino to find out how many of each exercise to perform.



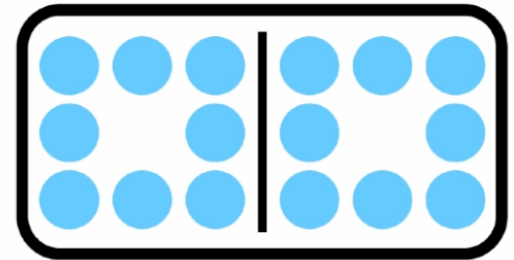
Sit-Ups



Jumping Jacks



**Lunges
(Both Legs)**



Squats

FINGER FITNESS 1.0

Directions: Count the fingers to find out how many of each exercise to perform



Elbows To Knees



Calf Stretch



Both Legs!!!



Curl-ups



Lunges



Both Legs!!!

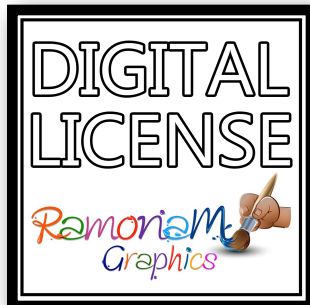
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