

Physical Education Choice Board: Grades 3-6

Mr. Day

Students must choose one of the following in each column.

Motor Patterns PE.S1.E1	Manipulative Skills PE.S1.E11,E13,E14	Enhances Health PE.S3.E7
Combine a Skip Hop Jump for your greatest distance	Thow 25 times to a target	Run for 1 minute Identify if that was a heart activity or muscular strength
Skip for height (cherry picker) for 1 minute	Kick 25 times to a target	Jumping jacks or jump rope for 1 minute Identify if that was a heart activity or muscular strength
Shuffle in different directions circle, curved path, straight, switching directions	Catch 25 times at various levels: high, medium, low	10 Push-ups 10 Sit-ups 10 Push-ups 10 Sit-ups 10 Push-ups 10 Sit-ups Identify if that was a heart activity or muscular strength
Hop 5 times on one foot for distance then try to equal or beat that distance hopping back 5 times on the opposite foot Hop = Same foot takes off and lands	Bat 25 times hitting a moving ball	Run up and down your stairs 10 times Identify if that was a heart activity or muscular strength
Run and leap for greatest distance Leap = take off on one foot land on the opposite foot	Dribble 25 times continuously	Dance for 1 minute Identify if that was a heart activity or muscular strength

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