Physical Activity at Home

Grades K-3  (Activities that can be done at home with little to no equipment)

- Pushups (against the wall, on their knees, or full pushups).
- Situps.
- Jump rope.
- Step-ups (either with a "step" or up and down the stairs).
- Jumping jacks.
- Jog in place
- Line Jumps (front to back and side to side)
- Balance on one leg.
- Play catch (with a partner)
- Skipping

If you have a safe place to ride a bike with adult supervision or shoot a basketball we suggest you take the opportunity on good weather days and try to work some of these in.
Grades 4-8

- Jumping Jacks
- Push ups
- Sit ups
- Line Jumps
- Squats (start at standing position with feet shoulder width, squat until legs are 90 degrees at the knee, back remains straight and head remains up. This should be done two seconds down and two seconds up).
- Plank position hold (30 seconds 3-4 times)
- Mountain Climbers
- Burpees
- Jog in place
- Play catch (with a partner)

- If you have a safe place to ride a bike with adult supervision or shoot a basketball we suggest you take the opportunity on good weather days and try to work some of these in.