

St. James PE Challenge

Warm Up first!

- Jog 1 minute outside in yard or in place, or do 30 jumping jacks
- 10 Sit Ups
- 10 Push Ups
- 10 Helicopters
- 10 Second Toe Touch

Activities (Students have done most of these in PE and should know how to do them. Links are underline beside or below each activity that explains directions and rules of game or activity.)

- Hopscotch (Beanbag, stick, or any small toy can be used for marker)- <https://www.parents.com/fun/activities/hopscotch/>
- Foursquare- <http://www.squarefour.org/rules>
- Tetherball- <https://kidactivities.net/tetherball-rules-how-to-play-tetherball/>
- Kickball or kick a ball with partner or group- <https://www.playworks.org/game-library/kickball/>
- Soccer- <https://www.kids-play-soccer.com/basic-soccer-rules.html>
- Throwing (Pass a ball, beanbag or toy with partner or at a target i.e. hula hoop) Remember- POINT, STEP, THROW
- Bocce Ball (Use any type of equipment that can be thrown)- <https://www.hayneedle.com/tips-and-ideas/bocce-ball-rules/>
- Ring toss- <https://oureverydaylife.com/ring-toss-rules-5248550.html>
- Bags or Cornhole- <https://www.playcornhole.org/pages/rules>
- Croquet- <https://www.rulesofsport.com/sports/croquet.html>
- Volleyball (Bump, set or serve with partner or play popcorn in group)- <http://www.volleyballadvisors.com/basic-volleyball-rules.html>
- Dance (Dance to any type of music you enjoy. Some suggested dances that you might be familiar with are listed below.)

Hokey Pokey (PK-2): <https://www.youtube.com/watch?v=iZinb6rVozc> Macarena (PK-5): <https://www.youtube.com/watch?v=MA5P77YPYcc>

Sid Shuffle (PK-2): <https://www.youtube.com/watch?v=uMuJxd2Gpox> Git Up (3-5): <https://www.youtube.com/watch?v=Q7U6AoZ27yE>

Shoemaker Dance (PK-2)- https://www.youtube.com/watch?v=hwBLi_VnXiM Mexican Hat Dance (3-5)- <https://www.youtube.com/watch?v=VAsCO1oVzU>

Pop See Ko Dance (PK-2)- <https://www.youtube.com/watch?v=Pwn4beja1QE> Line Dance (3-5)- <https://www.youtube.com/watch?v=VacjoZA0Jvs>

- Skating (If you own a pair of roller skates or roller blades, skate around driveway or street while following safety precautions on the road.)
- Cup stacking (Use plastic cups to try cup stacking sequences)
3-3-3 Sequence- <https://www.youtube.com/watch?v=NekIKtk1Ypg>
3-6-3 Sequence- <https://www.youtube.com/watch?v=OiEH3ugV6mM>
Cycle- <https://www.youtube.com/watch?v=HTQsZdnSgl>



- Yoga (Warm up with a sun salutation then try a Cosmic Yoga video on Youtube)
Cosmic Kids Yoga- <https://www.youtube.com/user/CosmicKidsYoga>
- Jump Rope (Use a rope to jump by yourself or with a group)
- Floor Hockey (Can use brooms or sticks for hockey stick and a small ball for hockey puck)- <https://kolmenfloorhockey.weebly.com/rules.html>
- Tumbling (Try some tumbling stunts such as the jump turn, crab walk, log roll, forward roll, cartwheel, or anything from gymnastics!)
Partner stunts: <https://www.youtube.com/watch?v=Xqw8G00Gh4I>
- Basketball (Use any ball that bounces to practice dribbling, passing, or shooting)- <https://www.breakthroughbasketball.com/basics/basics.html>
- Hula hoop
- Bowling (Can use bottles or other toys for pins and use any type of ball to bowl with)- <https://www.playerssports.net/page/bowling-rules>
- Frisbee (Practice the forearm, backhand, or tomahawk throw to pass with a partner or at a target)
- Tennis- <https://www.rulesofsport.com/sports/tennis.html>
- Golf (Use a plastic or rubber golf club and ball to hit around yard or at a target)- <https://www.usga.org/content/usga/home-page/rules/rules-2019/rules-of-golf/rules-and-interpretations.html#!ruletype=pe§ion=rule&ruleenum=1>
- Whiffle ball (Throw or hit whiffle ball with a partner)- <https://parks.westchestergov.com/207-sports/2656-wiffle-ball-rules>
- Fitness Tic Tac Toe- <https://www.youtube.com/watch?v=IRDp5HcZyVA>
- Capture the Cone- <https://www.pegames.org/full-length/capture-the-flag/>
- Football (Pass football back and forth with partner, play two hand touch football, or ultimate football)
Two hand touch- <https://www.sportsrec.com/flag-football-differ-tackle-football-4586031.html> Ultimate- <http://westfieldpe.weebly.com/ultimate-football.html>
- Running (Go for a run around the neighborhood or on a treadmill)
- Walking or walk your dog (Go for a walk around the neighborhood or on a treadmill)
- Biking (Ride your bike on driveway, around neighborhood, or on exercise bike in the house)
- Swing Set (Play on your swing set. It will help make your muscles stronger!)

Cool Down

- Walk around for 1 minute then pat yourself on the back because YOU DID IT 😊