

Physical Activity Movement Menu

Choose one or two activities to do each day. Colour or put a checkmark on the squares you have completed.

Go for a morning walk with your family	Follow an online Just Dance video with your family	Do 30 jumping jacks	Play outside with your family for 30 minutes	Jog with high knees in place for 20 seconds, 3 times
Do 15 sit ups and 15 push ups	Balance on each foot for 20 seconds, 3 times	Move your body using Go Noodle	Do 20 standing squats	Jump as high as you can, 25 times
Take your pet for a walk	Do a wall sit during every T.V. commercial	Climb up and down the stairs 10 times	Play a board game with your family	Read a book about nature, then explore outside with your family
Go for a walk and collect 5 nature items	Go to the park and play with your family	Build something in the snow with your family (ex: snowman)	Go for a walk after dinner with your family	Find an online yoga video to start the day with your family
Do 25 star jumps	Play a game from Phys Ed class	Run around the block with a family member	Skip around your house 5 times	Make up a dance routine with your family