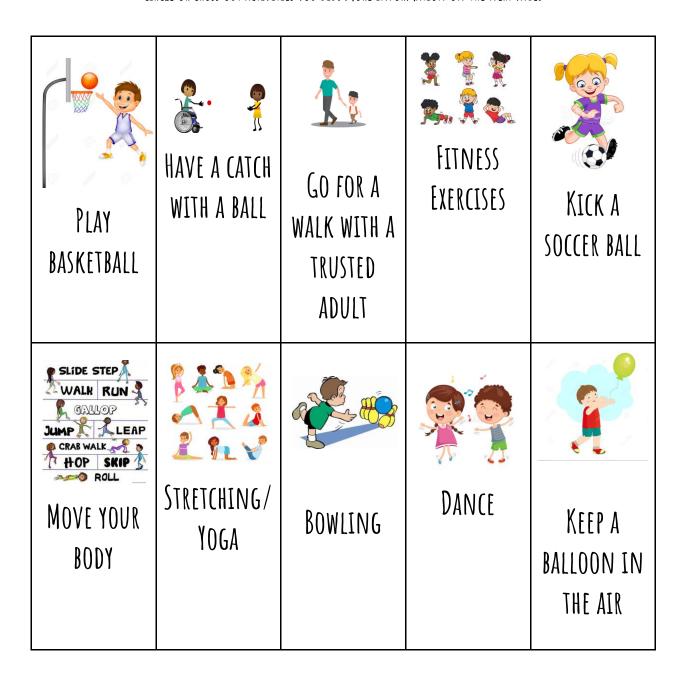
# ADAPTED PHYSICAL EDUCATION ACTIVITIES AT HOME WEEK 1 & 2 ACTIVITIES

CIRCLE OR CROSS OUT ACTIVITIES YOU DID! MORE INFORMATION ON THE NEXT PAGE!



# ADAPTATIONS & MODIFICATIONS

USE EQUIPMENT YOU HAVE AT HOME OR SOME OF THESE IDEAS!

#### PLAY BASKETBALL:

- → BALL: BASKETBALL, RUBBER BAND BALL, ROLLED-UP SOCKS, CRUMPLED-UP PAPER
- → HOOP: HOOP, TRASH CAN, LAUNDRY BASKET, POT

#### HAVE A CATCH WITH A BALL:

- → BALL: BALL, RUBBER BAND BALL, ROLLED-UP SOCKS, CRUMPLED-UP PAPER, BALLOON
- → PLAY WITH A PARTNER, SIBLING, PARENT/GUARDIAN, YOURSELF OR A WALL

#### GO FOR A WALK WITH A TRUSTED ADULT:

→ PERMISSION NEEDED TO GO FOR A WALK OUTSIDE WITH A TRUSTED ADULT

#### FITNESS EXERCISES:

- → PUSH-UPS: OFF THE GROUND, ON A CHAIR, WALL PUSH-UPS
- → SIT-UPS: PARTNER HOLDS FEET, TOES UNDER COUCH
- → JUMPING JACKS: OPEN/CLOSE, PRETEND JUMP-ROPE

#### KICK A SOCCER BALL:

- → BALL: SOCCER BALL, RUBBER BAND BALL, ROLLED-UP SOCKS, CRUMPLED-UP PAPER, BALLOON
- → GOAL: GOAL, WALL, UNDER A TABLE, UNDER A CHAIR, BETWEEN 2 OBJECTS (SUCH AS SHOES)

### LOCOMOTOR MOVEMENTS:

→ WALK, SKIP, JUMP, HOP, SLIDE, GALLOP, LEAP, ROLL, RUN

## STRETCHING/YOGA:

→ YOUTUBE VIDEOS HTTPS://WWW.YOUTUBE.COM/WATCH?V=X655B4ISAKG&LIST=PLNF6FGPFS\_JOFD\_GFQ-3NLIEHJ8RAITAX&INDEX=4&T=816S

#### BOWLING:

- → BALL: BALL, RUBBER BAND BALL, ROLLED-UP SOCKS, MULTIPLE CRUMPLED-UP PAPERS
- → BOWLING PINS: BOWLING PINS, PAPER TOWEL/TOILET PAPER ROLLS, PLASTIC WATER/SODA BOTTLES, CANS

#### DANCE:

- → PLAY YOUR FAVORITE MUSIC & DANCE!
- → YOUTUBE VIDEOS HTTPS://www.youtube.com/playList?List=Plnf6fGPf5\_JoDkNLiw--7arfpW3XaOTPB

#### KEEP A BALLOON IN THE AIR:

- → BLOW UP BIRTHDAY BALLOONS & KEEP THEM UP IN THE AIR WITH YOUR BODY
- → KEEP THE BALLOON IN THE AIR WITH A PARTNER