

ADAPTED PHYSICAL EDUCATION ACTIVITIES AT HOME

WEEK 1 & 2 ACTIVITIES

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

 <p>PLAY BASKETBALL</p>	 <p>HAVE A CATCH WITH A BALL</p>	 <p>GO FOR A WALK WITH A TRUSTED ADULT</p>	 <p>FITNESS EXERCISES</p>	 <p>KICK A SOCCER BALL</p>
 <p>MOVE YOUR BODY</p>	 <p>STRETCHING/ YOGA</p>	 <p>BOWLING</p>	 <p>DANCE</p>	 <p>KEEP A BALLOON IN THE AIR</p>

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-3NLIHJ8RAITAX&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=PLNf6fgPFS_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