

PE Activity Cards

By Erica @ www.confessionsofahomeschooler.com

This download includes 2 pages of printable PE Activity Cards that can be used in your chore chart, or as a fun workbox addition to your daily studies!

It's always fun to get moving, I suggest keeping it simple, maybe 1-2 activities per day. I didn't put time limits on the cards, instead I suggest setting a timer with an appropriate amount of time for your child's age. Doing 10-20 minutes of fun exercise can really make a difference in your day. Make sure to join in with your kids if you can! It's more fun that way, plus it gets you moving too!

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Wii
Sports



Dance
to Music



Soccer
Outside



Ride
Bikes



Ride
Scooters



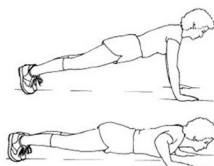
30
Jumping
Jacks



20
Sit
Ups



10
Push
Ups



15
Lunges



15
Squats



Tread
Mill



Take
a
Walk



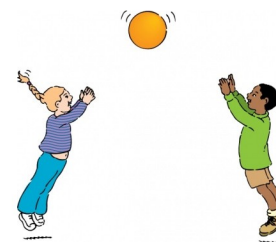
20
High
Kicks



Jump
Rope



Play
Catch



20
Knee
Lifts



20 Side
Leg Kicks



Play
Basket-
ball



Hit
Golf
Balls



Swing

