

## Waughsome PE Activities to Do at Home

We would love Waugh students to continue to engage in physical activity while at home. Please look at the list below for some fun ideas to get your child moving. Our goal is to have every student engage in 30-60 minutes of daily physical activity, either indoors or outdoors, or a combo of both.

A simple walk, a family game outside or walking the dog is great too!

Please use the attached form to record your daily minutes. Please keep the activity form at home until requested back. Thank you!

### Sites to visit:

[GoNoodle](#): Lots of fun kid friendly songs with movements that can be done in your living room.

[Shape America](#): Everyday of the week offers a fun activity that can be done indoors that includes mindfulness activities.

[National Academy of Athletics](#): a local company in Santa Rosa made a series of short, fun drills well suited for a garage or driveway. There are choices for various sports, and each example is less than five minutes. More suited for 3-6 grades, but all are welcome to view and try.  
[Soccer](#) [Baseball](#) [Baseball 2](#) [Basketball](#) [Basketball 2](#)  
[Basketball 3](#) [Football](#)

# Waughsome Physical Activity Log

**Do your best to get 30-60 min a day of physical activity!**

[illegible]



**Have fun by yourself or with your family! Spell out your name and try to do the activities! Try spelling out your favorite animals, or foods and see what you have to do! Enjoy!**

**A** jump up & down 10 times

**B** spin around in a circle 5 times

**C** hop on one foot 5 times

**D** run to the nearest door and run back

**E** walk like a bear for a count of 5

**F** do 3 cartwheels

**G** do 10 jumping jacks

**H** hop like a frog 8 times

**I** balance on your left foot for a count of 10

**J** balance on your right foot for a count of 10

**K** march like a toy soldier for a count of 12

**L** pretend to jump rope for a count of 20

**M** do 3 somersaults

**N** pick up a ball without using your hands

**O** walk backwards 50 steps and skip back

**P** walk sideways 20 steps and hop back

**Q** crawl like a crab for a count of 10

**R** walk like a bear for a count of 5

**S** bend down and touch your toes 20 times

**T** pretend to pedal a bike with your hands for a count of 17

**U** roll a ball using only your head

**V** flap your arms like a bird 25 times

**W** pretend to ride a horse for a count of 15

**X** try and touch the clouds for a count of 15

**Y** walk on your knees for a count of 10

**Z** do 10 push-ups