PE at home can be fun!

As a family you can decide how many of the activities to do– a new challenge each day, or maybe just one per week. I’d love to hear which ones the kids enjoyed over our “school at home” time! Please have the students bring a chart back for a reward!

***Fitness Blast – Commercial Break Workout Challenge***

Before you all sit down to enjoy your favorite television show **make a quick list of 5-8 exercises**.

Our go-to list usually includes **jumping jacks, burpees, sit-ups, push-ups, jumping rope and squats**.

Depending on the age of your kiddos you might select different exercises.

The “leader” shouts the name of the exercise and everyone gets started when the first set of commercials come on.

Each family member counts their own reps and **the winner is the one who has completed the most when the scheduled television show returns**. Whoever wins gets to be the “leader” for the next commercial break.

### *****GoNoodle*****

It’s a day to stay in, the kids are stir crazy and you can’t go anywhere.

I have the perfect activity….[GoNoodle](https://www.gonoodle.com/" \t "_blank).

**“Using exercise science and cutting-edge research, all of GoNoodle’s activities have been designed to be healthy for the body, engaging for the attention, and beneficial to the brain in specific ways.”**

You can create an online account for free and select from hundreds of different activities that get your body moving and spending time with your family. They also have a [Youtube channel](https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw" \t "_blank)where a lot of their content can be found.

There are tons of fun and super silly activities, but since we are talking exercise I recommend you check out the “indoor recess” channel. You can select a duration from 10-30 minutes. Think “Daily Burn” – but goofy and for kids! It won’t be long before you are humming “Pop-see-ko” while standing in line at the grocery store.

### *****Speed Cleaning Cardio Session*****

This is a favorite in our house for 2 reasons:

1) The weekend cleaning up gets done in 30 minutes

2) We get our cardio done.

You can come up with your own guideline’s but this is was it looks like in our house:

* Turn on some really **great music**
* **Set the timer** on the oven (or phone) for 30 minutes
* **START Cleaning!**

The rules are simple – **no one stops** picking up, putting away, sweeping, mopping, dusting until the timer beeps.

If you do…no more electronics for the rest of the day.

You worked up a sweat AND cleaned the house in 30 minutes!

There have been times that the timer beeps and nobody notices because we are having so much fun.