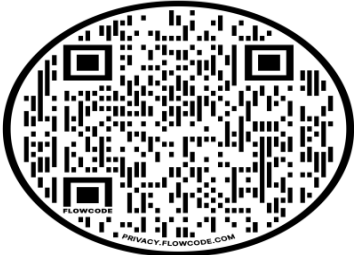

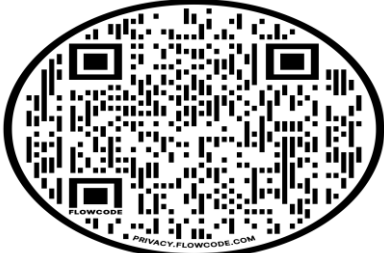




Fine Arts & Physical Education Choice Board

Grades K-2

Complete 5-in-a-row horizontally, diagonally or vertically each day.

Watch your favorite TV show – Dance whenever music plays!	Turn on the radio. Tap a steady beat to the song!	Lungs are for Breathing! Do 30 star jumps, then do 10 push-ups. Circle which one made you breathe harder.	Dance as silly as you can to a song you like!	 Juggling
Balloon Bounce Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.	Draw at least five different types of lines!	Draw a cat chasing a dog!	Create an emoji!	Create an AB pattern using shapes.
	Favorite activities Do an activity that works your muscles. Do an activity that makes you happy. Do an activity that gets you energized.	Your Choice: Choose an activity you enjoy doing in your Art, Music or Physical Education class	Read & Move Pick a book to read and select an “action word” that will be repeated often. When the “action word is read stand up and sit down.	Practice drawing different notes – Half, Quarter, Eighth
Wake and Shake As soon as you get out of bed shake your body any way you like for 10 seconds. Are you up now? Good! Now jump up and down 10 times.	Create a Robot with the 3 primary colors.	Line Jumps Put a piece of tape on the ground and jump back and forth side-to side as quick as you can for 30 seconds.	Tell a family member what you like about your favorite song	Draw your art teacher with donuts for eyes!
Toss and catch challenge Find two small objects to toss and catch. Can you toss and catch them at the same time?	Ask a family member about their favorite song!	Create a pattern using shapes and color	Just play! Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it’s up to you.	 Fight for Heart Cardio