



7th Grade

Life Fitness

Health & PE
Activities

Choice Board

<p><u>ABC WORKOUT</u></p> <p>Spell out your name workout. See page 2 of this board.</p>	<p><u>GOALS</u></p> <p>Write 2 "SMART" goals (Special, measurable, attainable, relevant, timely) regarding your health & fitness during this "at home" time.</p>	<p><u>WACKY WORKOUT:</u></p> <p>Visit Darebee.com and do the workout of the day!</p> <p>Darebee.com</p>
<p><u>SOOTHING STRESS:</u></p> <p>Reducing Stress:</p> <ul style="list-style-type: none"> - Try 3 different ways help relax your mind and body during this time. - If you could choose 1 place in the world to relax where would it be and why? 	<p><u>MASSIVE MYPLATE:</u></p> <p>Make a meal with your family or independently That represent all 5 areas of MyPlate. This meal must include a protein, vegetable, fruit, grain & dairy. Take a picture and send it to your teacher via email☺</p>	<p><u>FAMILY OBSTACLE:</u></p> <p>Create an obstacle course around your house for your younger or older siblings OR for your parents. Be creative to get everyone moving.</p>
<p><u>ROUTINE:</u></p> <p>IF you have not already, create a schedule for the days to come. Having a schedule helps us stay focused and gives us purpose this will also help you not be bored.</p>	<p><u>BURNING BURPEES:</u></p> <p>Listen to the below link and every time you hear the word "Thunder" or "Thunderstruck" you are going to do a burpee. DO your best... this is hard!</p> <p>ACDC Thunderstruck</p>	<p><u>PROCESSED FOODS:</u></p> <p>Stress eating is a common thing. Look at what you are eating for one day and chart how many of those items are considered processed foods. Think about what you can substitute the next day to not eat as much processed food.</p>

Feel free to email your teachers to show them that you are working on your choices.

Neff – grace.neff@sno.wednet.edu

McIver – jeremy.mciver@sno.wednet.edu

Spell out your first name, middle name & last name, family members names..... ANY word you want😊

- A. 4 pushups
- B. 30 second wall sit
- C. 30 second plank hold
- D. 15 squats
- E. 30 mountain climbers
- F. 30 second plank hold
- G. 15 squats
- H. 20 sit ups
- I. 16 alternating lunges
- J. 30 mountain climbers
- K. 4 pushups
- L. 30 second plank hold
- M. 30 second jog in place
- N. 16 alternating lunges
- O. 30 second wall sit
- P. 15 squats
- Q. 30 mountain climbers
- R. 20 sit ups
- S. 30 mountain climbers
- T. 30 second jog in place
- U. 16 alternating lunges
- V. 30 second plank hold
- W. 4 pushups
- X. 30 second jog in place
- Y. 30 second wall sit