



8th Grade

Life Fitness

Health & PE Activities

Choice Board

<p><u>NEIGHBORHOOD WALK:</u></p> <p>Simply go out for a 30-minute walk around your neighborhood.</p>	<p><u>GOALS</u></p> <p>What is one goal you had for this year that might have changed due to our time away from school?</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 or 4 different ways to help relax your mind and body during this time. 	<p><u>What's in the Cupboard?:</u></p> <p>Part of keeping good Physical Health deals with healthy eating. But what is healthy eating? Talk to your family about that question. If you could please email your teacher examples of what you think healthy eating looks like.</p>	<p><u>FAMILY OBSTACLE:</u></p> <p>Create an obstacle course around your house for your family. Be creative to get everyone moving. Feel free to go inside and out.</p>
<p><u>STAYING SOCIAL:</u></p> <p>Make sure you are staying connected with people outside of your home. Stay in touch with your friends and family. Take this time to reconnect with family and/or friends you haven't talked to in a long time. Maybe, go so far as to write them a LETTER. Weird I know. Give it a try, you may enjoy it as much as they do.</p>	<p><u>Tik Tok:</u></p> <p>Take some time to create your own Tik Tok. This could be on anything. In reality, this could touch on multiple Dimensions of Health, depending upon what your Tik Tok is about. If you feel comfortable, please email your teacher a link to see it. We love to see your creativity.</p>	<p><u>GO ONLINE:</u></p> <p>Go to YouTube and find a video from one of these categories and try to do it:</p> <ul style="list-style-type: none"> • Workout • Dance • Zumba • Pilates • Yoga

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

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