

Physical Education at Home

The name of this activity is called "Daily Chores". Below is a list of fun activities you can do with family members; the more the merrier! Be creative, be safe, and have fun.

Daily Chores



1. Build a fort
2. Create an indoor obstacle course
3. Build a cup tower and bowl it over with a ball
4. Run up and down your stairs for 5 minutes
5. Jump rope for 10 minutes
6. Create a dance and share it with someone else
7. Take a family walk or hike for 20 minutes
8. Plank for as long as you can
9. Play outside for at least 15 minutes
10. Create a Skee-Ball ramp and play Skee-Ball