

PHYSICAL EDUCATION
Things to do at home
Suggestions from Knowlton School students

Physical Activities you can do INSIDE WITHOUT any equipment

Walking Tag	Practice tumbling
Races	Aerobics
Jumping Jacks	Crab walk
Push-ups	Seal Walk
Sit-ups	Hop on one foot
Dance	Duck-Duck Goose
Physical challenges (e.g. see who can stand on one foot the longest, most push-ups in 1 minute)	

Physical Activities you can do INSIDE if you have the necessary equipment

Balloon volleyball	Hot potato
Musical chairs	Lift weights
Jump rope	Hop scotch
Hula Hoop	Practice dribbling a ball
Obstacle course	Sock ball basketball
Flashlight tag	Juggle with scarves
Pillow fight	Play catch with a sock ball
Roller skate	Wii Fit
Walk on a treadmill	Dance Dance Revolution

Physical Activities you can do OUTSIDE WITHOUT any equipment

Tag	Run
Tunnel Tag	Curl-ups
Hide and Seek	Push-ups
Freeze Tag	Race
Red Light, Green Light	Birthday tag
Duck, Duck, Goose	Cartwheels
Mother May I?	Play with dog
Manhunt	Dance
Walk	Climb a tree
Hike	Cartwheels

Physical Activities you can do OUTSIDE WITH equipment

Kickball	Roller skate
Softball	Ride a bike
Baseball/tee-ball	Ride a scooter
Soccer	Ultimate Frisbee
Football	Frisbee Golf
Tennis	Play catch
Badminton	Volley a beach ball
Lacrosse	Play with hose or in sprinklers
Volleyball	Hula Hoop
Play with water balloons	Hopscotch
Play catch with a ball or frisbee	Hockey
Swim	Hot potato
Jump on a trampoline	Backyard Battle
Jump rope	Velcro ball
Obstacle course	Steal the bacon
Swing	Prison ball
Frisbee	