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TASK CARDS

BASKETBALL

Equipment Needed:

1 ball for each student

- Dribble with right hand:
8 times
- Dribble with left hand:
8 times
- Dribble alternating hands:
5 each hand
- Dribble in a straight line:
10 steps
- Dribble zig-zag pattern:
10 steps

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TASK CARDS

BASKETBALL

Equipment Needed:

1 ball for each student

- Basketball around head:
5 times
- Basketball around waist:
7 times
- Basketball around knees:
9 times
- Basketball around body:
11 times
- Figure eight around legs:
3 times

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TASK CARDS

VOLLEYBALL

*Equipment Needed: 1 volleyball
or beach ball for each student*

- Self toss and do 10
forearm passes
- Self toss and do 10 sets
- Toss the ball to yourself and
try to hit a spot on the wall 10
times
- 10 forearm passes
- 10 sets to the wall

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TASK CARDS

VOLLEYBALL

*Equipment Needed: 1 volleyball
or beach ball for each student*

- Perform 10 block jumps
- Perform 10 underhand serves
to the wall
- Perform 5 underhand serves
against the wall, return each
serve with a forearm pass
- Perform 5 underhand serves
against the wall, return each
serve with an overhead pass
- Perform 10 block jumps

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TASK CARDS

NFL STADIUM GEOGRAPHY

Assume the front of the classroom is the northern part of the USA

- Skip to the New York Giants stadium: signal touchdown 7 times
- Jog to the St. Louis Rams stadium: signal start the clock (arm circle) 6 times each arm
- Walk to the Baltimore Ravens stadium: signal pass interference 5 times
- Jump to the Denver Broncos stadium: signal incomplete pass or "no good" 4 times
- Gallop to the Tennessee Titans stadium: signal first down 3 times each arm

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TASK CARDS

NFL STADIUM GEOGRAPHY

Assume the front of the classroom is the northern part of the USA

- Gallop to the Arizona Cardinals stadium: pretend to kick a field goal 3 times each leg
- Jog to the Philadelphia Eagles stadium: pretend to throw 6 touchdown passes each arm
- Skip to the San Diego Chargers stadium: pretend to punt the ball 3 times each leg
- Walk to the Minnesota Vikings stadium: jump high in the air and catch 6 touchdown passes
- Hop to the Seattle Seahawks stadium: pump your arms up in the air 10 times

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TASK CARDS

- 20 arm actions
Pump arms like running hard
- 10 ski jumps
- 16 knee to elbow
- 26 punches overhead
- 10 straight leg marches

8

TASK CARDS

- Write your last name in the air with your left foot
- 14 crisscross jumps
- 6 jumps forward and back
- Write your first name in the air with your right foot
- 8 wood chops each side

9

TASK CARDS

- 18 hula hoops
- 15 shoot baskets
- 22 high knees
- 16 paddle a kayak
- 22 glute kicks

10

TASK CARDS

TENNIS

- 12 serves
- 10 forehands
- 8 backhands
- 6 volleys
- 4 overhead shots

11

TASK CARDS

BASEBALL

- 11 swings
- 9 pitches
- 7 pitches (non-dominant hand)
- 5 throws from catcher's position
- 3 jumps up to catch a high throw, then swing glove hand down low to tag runner

12

TASK CARDS

SWIM

- 12 backstrokes
- 12 breaststroke
- 12 butterfly stroke
- 12 freestyle stroke
- 12 side strokes

13

TASK CARDS

- Sit down in 10 different chairs/desks.
- March 100 steps behind your own desk.
- Give 10 different people a high five.
- Touch all 4 corners of the room.
- Move your math book around your waist 20 times.

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TASK CARDS

- Recite the alphabet while doing bicep curls.
- Hold a wall sit for 15 seconds at each wall. (Remember to have table top legs!)
- Tiptoe walk from across the room and back.
- Do 4 elbows to knees next to 6 different chairs/desks. Place a book on your head and walk for 12 steps.
- Walk backwards around your desk 5 times.

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TASK CARDS

DANCE

- 16 Cha Cha (8 each side)
- 12 Grape Vine (6 each side)
- 10 Twist and Shout
- 8 Chicken Dance
- 6 Gangnam Style

16

TASK CARDS

YOGA

- Tree pose
- Warrior pose
- Chair pose
- Downward facing dog pose
- Cat cow pose

17

TASK CARDS

ANIMALS

- 15 birds flying into the wind
- 12 frogs jumping from lily pad to lily pad
- 9 giddy up on the horse
- 6 swimming from a shark
- 3 running in place from a bear



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TASK CARDS

WEATHER

- 10 earthquake shaking
- 10 jump up volcano erupting
- 10 tornado twisting
- 10 hurricane running into strong wind
- 10 blizzard skiing



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TASK CARDS

ADDITION

- $1 + 4 =$ Washing machine
- $5 + 3 =$ Rake the leaves
- $3 + 6 =$ Star jumps
- $9 + 1 =$ Chair dips
- $2 + 7 =$ High knees



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TASK CARDS

SUBTRACTION

- $7 - 3 =$ Wash the car
- $9 - 2 =$ Seated flutter kicks
- $10 - 4 =$ Hop on one foot, switch
- $8 - 1 =$ Butterfly legs
- $5 - 0 =$ Firework jumps



MULTIPLICATION

- $5 \times 2 =$ Wall push-ups
- $8 \times 1 =$ Bear crawl
- $6 \times 4 =$ Marching in place
- $7 \times 4 =$ Chop down the tree
- $2 \times 9 =$ Walk the tight rope