



*Music and PE  
Choice Board*

**Kinder, 1<sup>st</sup> and 2<sup>nd</sup>**

Greetings from  
Mrs. Smith and Mr. Tufts.

We sure do miss you!

This board contains ideas to keep  
you singing, dancing and moving  
your body while you are at home.

Put an X over the box after you  
complete the activity.

Try to get one BINGO

(4 across, down or diagonal)  
each week - optional

We would love to hear from you!

**Mrs. Smith**

M,T,Th,F: 10:00-12:00

[janines@banks.k12.or.us](mailto:janines@banks.k12.or.us)

**Mr. Tufts**

M,T,Th,F: 1:00-3:00

[jasont@banks.k12.or.us](mailto:jasont@banks.k12.or.us)

<p>10 Arm Circles Forward, and 10 arm Circles backwards</p>	<p>Create a dance to your favorite song</p>	<p>Run around your house 2 times</p>	<p>Sing one of our music class songs to someone in your home. (or your pet or stuffed animal)</p>
<p>Do the "Turkey Tango!"</p>	<p>Do 20 "SKI" jumps</p>	<p>Choose your favorite song and sing it in a different style. (pirate, opera, rapper, country etc)</p>	<p>Push up challenge! How many pushups can you do in 1 minute.</p>
<p>Draw a picture of your favorite exercise and do it 20 times</p>	<p>Sing our school song</p>	<p>Do 10 Jumping jacks in each room of your house</p>	<p>Create a musical instrument out of household items such as cans, boxes, milk jugs, utensils, rubber bands etc.</p>
<p>Listen to a song without words and draw a picture of how it makes you feel.</p>	<p>Create an obstacle course in your house! (with your parent's permission)</p>	<p>Play freeze dance with any music you like. Take turns pausing the music.</p>	<p>Play a game of tag with a family member outside</p>





# Music and PE Choice Board

**3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>**

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20 Arm Circles forward, and 20 Arm Circles backwards	Create a dance to your favorite song	Run around your house 4 times	Fill a few glasses with different amounts of water. Use a pencil or spoon to tap the glasses and make a song
Listen to 1 song you like and 1 song you don't like. List 3 things these songs have in common and 3 things that are different	Count the number of Toilet Paper rolls in your house. Do that many Squats!	Choose your favorite song and sing it in a different style. (pirate, opera, rapper, country etc)	Read a book while marching in place
Do 10 Jumping jacks in each room of your house	Create a musical instrument out of household items such as cans, boxes, milk jugs, utensils, rubber bands etc.	Play a game of tag outside with a family member.	Write new lyrics to your favorite song
Listen to a song that makes you feel calm. What about the song makes you feel that way?	Push up challenge! How many pushups can you do in 1 minute.	Play freeze dance with any music you like. Take turns pausing the music.	Crab walk around the house for 20 seconds

