

Mission Possible - Task Sheet

Complete	Missions
	Do 8 sit-ups in each corner of the room.
	Skip one lap around the room.
	Do 12 jumping jacks.
	Touch all 4 walls of the room.
	Hop on one foot from one end of the room to the other.
	Do 15 pretend basketball shots. Nothing but net!
	Crab walk and touch 3 chairs
	Jog on the spot and sing "Row, Row, Row Your Boat".
	Pretend to jump rope for 1 minute.
	Do a wall push-up on each wall in the room.
	Do any dance move for 30 seconds.

	Complete 20 bunny hops.
	Grapevine or shuffle across the room and back 2 times.

Complete these tasks alone or do missions together as a team.

Complete the missions in any order.

When you are done with the missions, do a star jump and yell "Mission Accomplished!"

Richmond Consolidated School - Physical Education

[Recommended Levels of Physical Activity](#)- Children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate-to-vigorous intensity physical activity each day, including daily aerobic – and activities that strengthen bones (like running or jumping) – 3 days each week, and that build muscles (like climbing or doing push-ups) – 3 days each week.

Go
Outsi
de!

- Play outside
- Walk, run or hike
- Ride a bike with a helmet on
- Rollerblade with protective gear on
- Have a pass

Soccer

Football

Frisbee

Lacrosse

Yardwork:

Raking

Gardening

- Create an obstacle course
- Do something not listed
- Complete exercises on the March Wellness Calendar that was sent home

Online

Resources:

- FitBoost - [FitBoost](#)

- Go Noodle - [GoNoodle](#)
- Cosmic Kids Yoga - [Cosmic Kids Yoga](#)
- Dance Move Challenge - [Dance Move Challenge](#)
- HIIT Workouts - [Themed HIIT Workouts by Glenn Higgins Fitness](#)
- Yoga Dice/Coin Activity - [Yoga Dice](#)
- Jump Start Johnny - [Jump Start Jonny.](#)
- Darebee - [Superhero Workout](#)
- Glenn Higgins Fitness - [Kids Workouts](#)
- TABATA Workouts - [TABATA](#)
- Roll It Fitness - [Roll It Fitness](#) need dice or use virtual dice
- Choose It Fitness - [Choose It Fitness](#) need dice or use virtual dice
- Shape America - [Shape America](#)