Physical Education Activity Ideas

Fitness Bowling – collect SIX items you can use as pins to knock down (plastic cups, empty bottles etc.) Get a ball and mark where you will bowl the ball from. Make it challenging, invite your family to join you. Here’s how to play. Depending on how many ‘pins’ you knock down on your turn the other players have to do that many exercises. For example if you knock down 4 pins on your turn everyone other than you who is playing must do 4 push up’s. Each round do a different exercise.

Round 1 – push-up’s

Round 2 – sit-up’s

Round 3 – Jumping jacks

Round 4 – Mountain climbers

Round 5 – Each player chooses their own exercise.

Four Square – Grab your family and some sidewalk chalk. Draw a grid outside on a flat surface.



King (4) – serves

Queen (3) – rotates to King

Jack (2) – rotates to Queen

Joker (1) – rotates to Jack

The King serves by a bounce hit to another players square. The ball can bounce once inside your square then you must hit it into another square. If the ball bounces in your square and goes out you are out. Have fun!

Throwing & catching – practice throwing and catching to yourself or with a family member. Use different size objects, tennis ball, soccer or basketball, a soft toy, etc. If you are throwing to yourself see how many times you can throw and catch without dropping the ball. If you have a partner take a step away from your partner to make it more difficult.