

DIRECTIONS: DO all 6 Challenges to do before Monday June 1st at Midnight
 Complete the table below before turning it in. Each Challenge is worth 5 Points. 30 Points
10th Set of Challenges – June 9th- 15th (Deadline is Monday at Midnight)

This is your LAST & FINAL set of challenges for this class and this year!

❖ **Play/Practice Challenge**

- Practice juggling – you should be practicing with 3 balls by now –this is the last week!
- Attend the live Meeting this Thursday – June 11th at 1:00 – 1:30!
- And – Play a game (uno, skip-bo, ticket to ride, etc.) with your family

❖ **Work/Exercise Challenge**

- Run/walk your Original Cardio Goal Setting Route and Time yourself this week – remember to stop your timer when waiting at intersections – BE SAFE & BE FASTER!!!
- 50 of each- Push-ups, Sit-ups, Jumping Jacks – or a 30 min fitness Video of your choice

❖ **Eat Challenge**

- Eat something for breakfast, lunch and dinner – see how many days you can do it!

❖ **Drink Challenge**

- Drink 4-8 cups of water – every day this week – record how many cups – 8 ounces you drink each day

❖ **GOAL SETTING Challenge**

- Read/Study/Learn about the 5 Health & 6 Skill Components of Fitness & use the FITT Principle
- Complete the Cardio and Eye/Hand Coordination Table Below

Challenge	Tell me what you did this semester!	What did you do this week?
Play – what was the best play activity you did during this ONLINE PE experience?		
Exercise – what was the most fun “exercise” you did during this ONLINE PE experience?		
Eat – What is your top 5 most favorite foods?		
Drink – What are your top 3 favorite drinks?		

GOAL SETTING for CARDIO & EYE/HAND COORDINATION – see additional sheet for more info

	Cardio – Goal setting Final Step		Eye/hand Coordination –Final step
Final Run/Walk Distance		# of Successful 2 ball juggles	
Final Run/Walk Fastest Time		# of Successful 3 ball juggles	

HEALTHY & ACTIVE
 REMEMBER DOING ANYTHING IS MORE THAN DOING NOTHING!

DIRECTIONS: DO all 6 Challenges to do before Monday June 1st at Midnight

Complete the table below before turning it in. Each Challenge is worth 5 Points.

30 Points

Total run/walk distance this week		# of practice minutes this week	
-----------------------------------	--	---------------------------------	--