



PHYSICAL EDUCATION

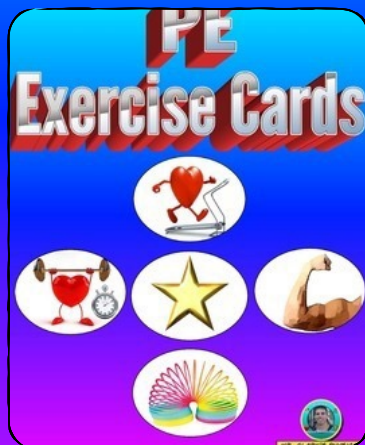
FAMILY CHALLENGE





MR. CLARK'S PE

PHYSICAL EDUCATION / PERSONAL EMPOWERMENT



WWW.MRCLARKSPE.COM

HOW TO USE
PUT GUIDE AND
EQUIPMENT IN BAG
SELECT AN AMAZING STUDENT
TO BRING IT HOME
FAMILY SELECTS A FEW
CHALLENGES TO COMPLETE
PARENT SIGNS COMPLETION FORM
FAMILY EARNS CERTIFICATE
TAKES PICTURE HOLDING IT
EMAILS IT IN AND RETURNS IT
YOU GIVE TO NEXT AMAZING STUDENT

EQUIPMENT NEEDED

BAG/CONTAINER

ACTIVITY GUIDE

CHALLENGE CONTRACT

CERTIFICATE

EXERCISE CHALLENGE CARDS

CLOTHESPINS AND RUBBER BANDS

24 STACKING CUPS

PLASTIC TARP

BUILDING BLOCKS/JUGGLING BLOCKS

PEDOMETERS

LONG ROPE

BALLOONS

DICE

JUGGLING SCARVES



FAMILY CHALLENGE ACTIVITY GUIDE

YOU HAVE 1 WEEK TO COMPLETE AS MANY OF THESE CHALLENGES AS YOU CAN. (HAVE FUN WITH IT AND DO AS MANY AS YOU'D LIKE) ONCE YOU SIGN THE FAMILY CHALLENGE COMPLETE SHEET YOU HAVE EARNED THE CERTIFICATE. PLEASE TAKE A PICTURE OF YOUR FAMILY HOLDING IT AND EMAIL THE PICTURE TO ME. SEND EVERYTHING BACK TO SCHOOL.

CHECKLIST

CHALLENGES COMPLETED

☐

SIGNED COMPLETED SHEET

☐

PICTURE WITH CERTIFICATE

☐

EMAIL PICTURE

☐

RETURN BACK

☐

FAMILY CHALLENGE COMPLETED

MY FAMILY AND I HAVE
SUCCESSFULLY COMPLETED
THE PHYSICAL EDUCATION
FAMILY CHALLENGE. WE USED
OUR MINDS, OUR BODIES, AND
STRONG TEAMWORK TO
ACCOMPLISH THIS GOAL!

FAMILY SIGNATURES

DATE

EXERCISE CHALLENGE CARDS

PLACE CARDS FACE DOWN AND TAKE TURNS SELECTING FROM PILE. PLAYER THAT FLIPS CARD DECIDES ON DIFFICULTY OF CHALLENGE (1,2,3 STARS ON EACH CARD). EVERYONE MUST PERFORM THE EXERCISE ON THE CARD UNTIL THE TIME IS UP. WHOEVER DOES THE MOST WINS THE CARD. REPEAT UNTIL ALL THE CARDS HAVE BEEN COMPLETED.

EXERCISE CHALLENGE CARDS

BURPEES



HOW MANY CAN YOU DO?

10 SECONDS



30 SECONDS



60 SECONDS



PUSH-UPS



HOW MANY CAN YOU DO?

10 SECONDS



30 SECONDS



60 SECONDS



EXERCISE CHALLENGE CARDS

SQUATS



HOW MANY CAN YOU DO?

10 SECONDS



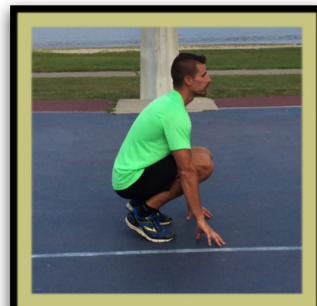
30 SECONDS



60 SECONDS



PLANK JUMPS



HOW MANY CAN YOU DO?

10 SECONDS



30 SECONDS



60 SECONDS



EXERCISE CHALLENGE CARDS

JUMP LUNGES



HOW MANY CAN YOU DO?

10 SECONDS



30 SECONDS



60 SECONDS



JUMPING JACKS



HOW MANY CAN YOU DO?

10 SECONDS



30 SECONDS



60 SECONDS



EXERCISE CHALLENGE CARDS

TOE SKY TOUCHES



HOW MANY CAN YOU DO?

10 SECONDS



30 SECONDS



60 SECONDS



HALF JACKS



HOW MANY CAN YOU DO?

10 SECONDS



30 SECONDS



60 SECONDS



EXERCISE CHALLENGE CARDS

SQUAT JUMPS



HOW MANY CAN YOU DO?

10 SECONDS



30 SECONDS



60 SECONDS



KNEE TO FEET JUMPS



HOW MANY CAN YOU DO?

10 SECONDS



30 SECONDS



60 SECONDS



EXERCISE CHALLENGE CARDS

V-UPS



HOW MANY CAN YOU DO?

10 SECONDS



30 SECONDS



60 SECONDS



PLANK



HOW LONG CAN YOU HOLD?

10 SECONDS



30 SECONDS

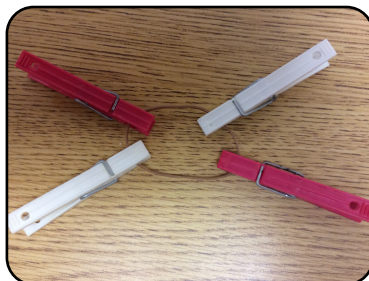


60 SECONDS



CLOTHESPINS PICK-UP

ATTACH THE 4 CLOTHESPINS TO 1 RUBBER BAND. WHEN THE CLOTHESPIN IS ATTACHED AND PULLED TOWARDS PLAYER IT WILL MAKE RUBBER BAND STRETCH MAKING CIRCLE BIGGER. SET UP 6 CLIPS SIDEWAYS. USING ONLY THE CLOTHESPINS AND RUBBER BANDS YOU MUST WORK TOGETHER TO PICK UP AND STACK CLIPS. (3,2,1 FORMATION, 1 SINGLE STACK HIGH, BACK INTO 1 STACK) SEE CLIP STACKING CARDS



STACKING CLIPS

EACH PLAYER IS GIVEN THE SAME AMOUNT OF CLIPS. BOTH PLAYERS START WITH CLIPS IN FRONT OF THEM IN A SINGLE STACK. PLAYERS TAKE TURNS FLIPPING OVER DOWN FACING CLIP STACKING CARDS. ONCE IT IS FLIPPED OVE BOTH PLAYERS RACE TO CREATE WHAT THE CARD SAYS BY UPSTACKING (BUILD) AND DOWNSTACKING (BACK TO STARTING STACK). PLAYER THAT DOES IT FASTEST WINS THE CARD. REPEAT UNTIL ALL THE CARDS HAVE BEEN COLLECTED.

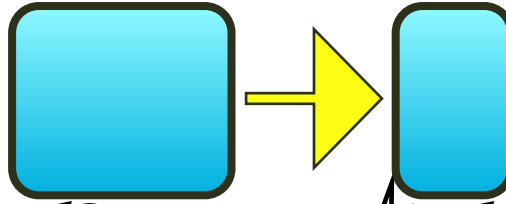
TARP

OPEN UP TARP.
EVERYONE TAKES OFF
SHOES AND STANDS ON
TOP OF IT. WORK
TOGETHER (WITHOUT
GETTING OFF OF IT) TO
COMPLETE THE
FOLLOWING CHALLENGES.

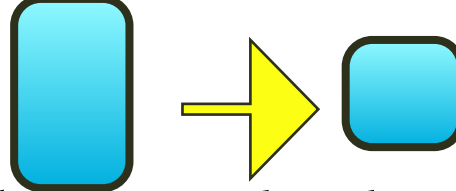
1. FOLD IN HALF
2. FOLD IN HALF AGAIN
3. FOLD INTO TRIANGLE
4. FLIP COMPLETELY OVER
5. ONLY 6, 4, 2 BODY PARTS TOUCHING
6. CREATE YOUR OWN CHALLENGE

TARP CHALLENGES

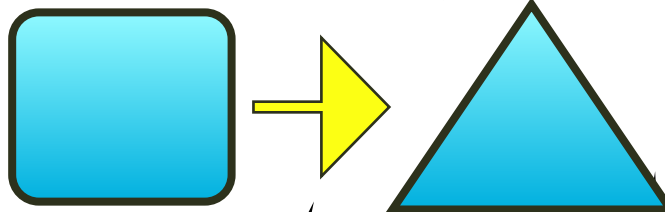
1. FOLD IN HALF



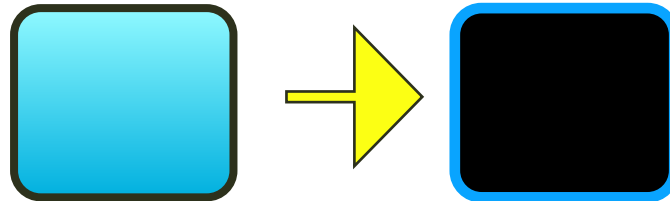
2. FOLD IN HALF AGAIN



3. FOLD INTO TRIANGLE



4. FLIP COMPLETELY OVER



5. ONLY....BODY PARTS TOUCHING TARP

6, 4, 2

6. CREATE YOUR OWN CHALLENGE



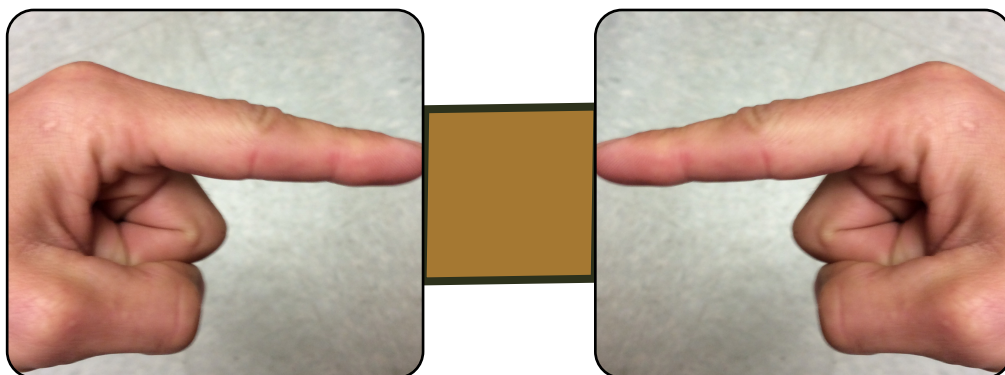
BLOCKS

CAN YOU MOVE THE BLOCK
USING ONLY YOUR FINGER
AND YOUR PARTNER'S
FINGER?

CAN YOU MOVE 2 BLOCKS
USING ONLY YOUR FINGER
AND YOUR PARTNER'S
FINGER?

CAN YOU MOVE 3 BLOCKS
USING ONLY YOUR FINGER
AND YOUR PARTNER'S
FINGER?

OTHER BODY PARTS-
THUMB, FIST, ELBOWS,
KNEES, FEET!



PEDOMETER

PLACE THE PEDOMETER ON AT THE SAME EXACT TIME AND WEAR IT FOR THE ENTIRE DAY. SEE WHO CAN ACCUMULATE MORE TOTAL STEPS AT THE END OF THE DAY! DECIDE ON STARTING AND STOPPING TIME. CAN ALSO BE A PARTNERS VS PARTNERS CHALLENGE.

TOTAL STEPS
COMBINED?

MOST MINUS
THE LEAST?

TOTAL
MULTIPLIED
BY 7 DAYS?

BALLOONS

BLOW UP 1 BALLOON.
COMPLETE THE BALLOON
CHALLENGES.

KEEP UP IN AIR AS LONG AS
POSSIBLE.

KEEP UP IN AIR AS LONG AS
POSSIBLE NOT USING HANDS/
ARMS.

HIT BACK AND FORTH SAYING
ALPHABET, NUMBERS,
FRUITS/VEGETABLES,
FAVORITE MEMORIES WITH
EACH HIT

MOVE THE BALLOON
TOGETHER AS IT TOUCHES
ONLY YOUR: FINGERS,
ELBOWS, KNEES, FEET, BACK
TO BACK, HEAD TO HEAD

LONG ROPE

EACH PLAYER HOLDS AN END OF THE ROPE AS ONE PLAYER JUMPS ROPE.

WHO CAN JUMP THE LONGEST?

MORE THAN 1 PERSON JUMPING AT A TIME?

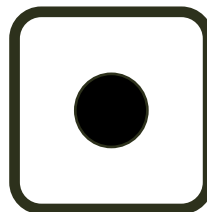
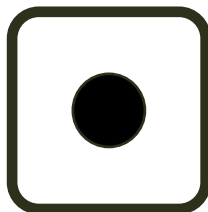
JUMP ROPE AND COUNT BY 2'S, 3'S, 4'S ETC.

MAKE THE ROPE INTO THE FOLLOWING SHAPES AND FIT THE ENTIRE GROUP INSIDE. (SQUARE, CIRCLE, TRIANGLE)

CREATE YOUR OWN CHALLENGE!

DICE

EACH PLAYER HAS 2 DICE. PLAYERS ROLL BOTH DICE. PLAYERS RACE TO ADD UP THE TOTALS AND PERFORM THE NUMBER THAT CORRESPONDS TO THE EXERCISE ON THE DICE CHALLENGE CHART. THE PLAYER THAT CAN ROLL EVERY SINGLE NUMBER (2-12) AND PERFORM EVERY EXERCISE WINS CHALLENGE. ONCE A PLAYER ROLLS A NUMBER AND PERFORMS EXERCISE THAT NUMBER IS COMPLETED.



DICE CHALLENGE CHART

2

KNEE TO FEET JUMP

3

PUSH-UP

4

BURPEE

5

PLANK JUMP

6

SCISSOR JUMP

7

JUMPING JACK

8

SQUAT

9

HALF JACK

10

PLANK HOLD

11

TOE SKY TOUCHES

12

SQUAT JUMPS

JUGGLING SCARVES

EACH PLAYER TOSSES
AND CATCHES 1 SCARF IN
THE AIR.

EACH PLAYER TOSSES AND
CATCHES 1 SCARF IN THE AIR
SWITCHING AT THE SAME
TIME WITH THEIR PARTNER.

EACH PLAYER TOSSES THEIR
SCARF IN THE AIR TO
PARTNER WHILE CATCHING
THEIR PARTNER'S SCARF FOR
AS MANY TIMES AS THEY
CAN. WHILE IN PUSH-UP
POSITION?

PLAYERS TAKE TURNS
JUGGLING 3 SCARVES AT
A TIME. AS A GROUP
TOGETHER?

FAMILY FUN CHALLENGE

CREATE YOUR OWN
FITNESS/PE FAMILY
ACTIVITY

RIDE BIKES
PLAY AT THE
PLAYGROUND
DO A WORKOUT/DANCE
VIDEO
MAKE DINNER AS A
FAMILY
PLAY FAMILY TAG
JUST PLAY

DO ANYTHING
TOGETHER THAT IS
ACTIVE, HEALTHY, AND
FUN!