

# One Month PE Challenge – Stay Strong & Healthy!

Character Challenge	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Kindness:</b> the quality of being friendly, generous, and considerate</p> <p>Do something kind this week.</p> <p>Example: write an elderly person in senior home or grandparent a letter or draw a picture for them</p>	<p><b>Jump Rope challenge:</b></p> <p>If you don't have a jump rope follow along and pretend jump rope</p> <p><a href="https://www.youtube.com/watch?reload=9&amp;v=wK8XUaFmSs&amp;feature=youtu.be&amp;t=37">https://www.youtube.com/watch?reload=9&amp;v=wK8XUaFmSs&amp;feature=youtu.be&amp;t=37</a></p>	<p><b>Pop Pilaties:</b></p> <p>I (Coach K) do this with my kids weekly/ try it with a brother sister or parent</p> <p><a href="https://www.youtube.com/watch?v=s0CkBw5Wock">https://www.youtube.com/watch?v=s0CkBw5Wock</a></p>	<p><b>Fitness Blenders:</b></p> <p>Try a fitness blender work out there are over 500 workouts different levels</p> <p><a href="https://www.youtube.com/channel/UCiP6wD_tYIYLh3a_gzbByWQ">https://www.youtube.com/channel/UCiP6wD_tYIYLh3a_gzbByWQ</a></p>	<p><b>Home Challenge:</b></p> <p>Do 20 jumping jacks in every room of your house</p> <p>Do crunches during 2 commercials while watching Tv</p> <p>Do ABC push ups 3 times through</p> <p>Hold a plank as long as you can</p> <p>Crab kicks one minute</p> <p>Supermans 3 times hold 45 seconds each time</p> <p>Repeat above 2-3 times</p>	<p><b>Outside Activities:</b> (of course away from others and if ok with your parents)</p> <p>Examples: Play basketball in your yard/practice basketball skills. Use any ball you have</p> <p><a href="https://www.youtube.com/watch?v=WVcugE_QRG8&amp;feature=youtu.be&amp;t=9">https://www.youtube.com/watch?v=WVcugE_QRG8&amp;feature=youtu.be&amp;t=9</a></p> <p><a href="https://www.youtube.com/watch?v=RW6Sneti7JQ&amp;feature=youtu.be&amp;t=9">https://www.youtube.com/watch?v=RW6Sneti7JQ&amp;feature=youtu.be&amp;t=9</a></p> <p>Go on a bike ride with your parents or ride a scooter</p> <p>Go on a walk or hike</p> <p>Play hide and seek</p>
<p><b>Serve:</b> perform duties or services for another person</p> <p>Serve a sibling, friend, or parent</p> <p>Example: Clean your room without your parents asking/ vacuum/give up you electronics so you can help your parent cook or help them with whatever they need</p>	<p><b>Jump Rope challenge:</b></p> <p>If you don't have a jump rope follow along and pretend jump rope</p> <p><a href="https://www.youtube.com/watch?reload=9&amp;v=wK8XUaFmSs&amp;feature=youtu.be&amp;t=37">https://www.youtube.com/watch?reload=9&amp;v=wK8XUaFmSs&amp;feature=youtu.be&amp;t=37</a></p>	<p><b>Pop Pilaties:</b></p> <p>I (Coach K) do this with my kids weekly/ try it with a brother sister or parent</p> <p><a href="https://www.youtube.com/watch?v=s0CkBw5Wock">https://www.youtube.com/watch?v=s0CkBw5Wock</a></p>	<p><b>Fitness Blenders:</b></p> <p>Try a fitness blender work out there are over 500 workouts different levels</p> <p><a href="https://www.youtube.com/channel/UCiP6wD_tYIYLh3a_gzbByWQ">https://www.youtube.com/channel/UCiP6wD_tYIYLh3a_gzbByWQ</a></p>	<p><b>Home Challenge:</b></p> <p>Do 20 jumping jacks in every room of your house</p> <p>Do crunches during 2 commercials while watching Tv</p> <p>Do ABC push ups 3 times through</p> <p>Hold a plank as long as you can</p> <p>Crab kicks 1 min.</p> <p>Supermans 3 times hold 45 seconds each time</p> <p>Repeat above 2-3 times</p>	<p><b>Outside Activities:</b> (of course away from others and if ok with your parents)</p> <p>Examples: Play basketball in your yard/practice basketball skills. Use any ball you have</p> <p><a href="https://www.youtube.com/watch?v=WVcugE_QRG8&amp;feature=youtu.be&amp;t=9">https://www.youtube.com/watch?v=WVcugE_QRG8&amp;feature=youtu.be&amp;t=9</a></p> <p><a href="https://www.youtube.com/watch?v=RW6Sneti7JQ&amp;feature=youtu.be&amp;t=9">https://www.youtube.com/watch?v=RW6Sneti7JQ&amp;feature=youtu.be&amp;t=9</a></p> <p>Go on a bike ride with your parents or ride a scooter</p>

<p><b>Love:</b> love one another deep affection or care</p> <p>Show love to someone this week</p> <p>Examples: Eat family dinner together and talk with each other and say five things you love about each family member with each other/ give a family member a hug or an extra long cuddle time/ Sacrifice something you want for a need of another</p>	<p><b>Jump Rope challenge:</b></p> <p>If you don't have a jump rope follow along and pretend jump rope</p> <p><a href="https://www.youtube.com/watch?reload=9&amp;v=wK8XUaAfMSS&amp;feature=youtu.be&amp;t=37">https://www.youtube.com/watch?reload=9&amp;v=wK8XUaAfMSS&amp;feature=youtu.be&amp;t=37</a></p>	<p><b>Pop Pilaties:</b></p> <p>I (Coach K) do this with my kids weekly/ try it with a brother sister or parent</p> <p><a href="https://www.youtube.com/watch?v=s0CkBw5Wock">https://www.youtube.com/watch?v=s0CkBw5Wock</a></p>	<p><b>Fitness Blenders:</b></p> <p>Try a fitness blender work out there are over 500 workouts different levels</p> <p><a href="https://www.youtube.com/channel/UCiP6wD_tYIYLh3agzbByWQ">https://www.youtube.com/channel/UCiP6wD_tYIYLh3agzbByWQ</a></p>	<p><b>Home Challenge:</b></p> <p>Do 20 jumping jacks in every room of your house</p> <p>Do crunches during 2 commercials while watching Tv</p> <p>Do ABC push ups 3 times through</p> <p>Hold a plank as long as you can</p> <p>Crab kicks one minute</p> <p>Supermans 3 times hold 45 seconds each time</p> <p>Repeat above 2-3 times</p>	<p><b>Outside Activities:</b></p> <p>(of course away from others and if ok with your parents)</p> <p>Examples: Play basketball in your yard/practice basketball skills</p> <p>Use any ball you have</p> <p><a href="https://www.youtube.com/watch?v=WVcugE_QRG8&amp;feature=youtu.be&amp;t=9">https://www.youtube.com/watch?v=WVcugE_QRG8&amp;feature=youtu.be&amp;t=9</a></p> <p><a href="https://www.youtube.com/watch?v=RW6Sneti7JQ&amp;feature=youtu.be&amp;t=9">https://www.youtube.com/watch?v=RW6Sneti7JQ&amp;feature=youtu.be&amp;t=9</a></p> <p>Go on a bike ride with your parents or ride a scooter</p> <p>Go on a walk or hike</p> <p>Play hide and seek</p>
<p><b>Give:</b>freely transfer the possession of something to someone</p> <p>Give your gift of time, talent or treasure</p> <p>Examples: Give a roll of toilet paper to your neighbor/give your talent Sing a song to someone or dance/ Tell a joke and make someone laugh/ give time to listen to someone</p>	<p><b>Jump Rope challenge:</b></p> <p>If you don't have a jump rope follow along and pretend jump rope</p> <p><a href="https://www.youtube.com/watch?reload=9&amp;v=wK8XUaAfMSS&amp;feature=youtu.be&amp;t=37">https://www.youtube.com/watch?reload=9&amp;v=wK8XUaAfMSS&amp;feature=youtu.be&amp;t=37</a></p>	<p><b>Pop Pilaties:</b></p> <p>I (Coach K) do this with my kids weekly/ try it with a brother sister or parent</p> <p><a href="https://www.youtube.com/watch?v=s0CkBw5Wock">https://www.youtube.com/watch?v=s0CkBw5Wock</a></p>	<p><b>Fitness Blenders:</b></p> <p>Try a fitness blender work out there are over 500 workouts different levels</p> <p><a href="https://www.youtube.com/channel/UCiP6wD_tYIYLh3agzbByWQ">https://www.youtube.com/channel/UCiP6wD_tYIYLh3agzbByWQ</a></p>	<p><b>Home Challenge:</b></p> <p>Do 20 jumping jacks in every room of your house</p> <p>Do crunches during 2 commercials while watching Tv</p> <p>Do ABC push ups 3 times through</p> <p>Hold a plank as long as you can</p> <p>Crab kicks one minute</p> <p>Supermans 3 times hold 45 seconds each time</p> <p>Repeat above 2-3 times</p>	<p><b>Outside Activities:</b></p> <p>(of course away from others and if ok with your parents)</p> <p>Examples: Play basketball in your yard/practice basketball skills</p> <p>Use any ball you have</p> <p><a href="https://www.youtube.com/watch?v=WVcugE_QRG8&amp;feature=youtu.be&amp;t=9">https://www.youtube.com/watch?v=WVcugE_QRG8&amp;feature=youtu.be&amp;t=9</a></p> <p><a href="https://www.youtube.com/watch?v=RW6Sneti7JQ&amp;feature=youtu.be&amp;t=9">https://www.youtube.com/watch?v=RW6Sneti7JQ&amp;feature=youtu.be&amp;t=9</a></p> <p>Go on a bike ride with your parents or ride a scooter</p> <p>Go on a walk or hike</p> <p>Play hide and seek</p>