

Mrs. Olson's Weekly P.E. Challenge

Collect as many P.E. points as you can this week!

Here's how it works. Each day try to earn as many P.E. points as you can! You can earn points when you complete an exercise or activity listed below. There is also an option to collect points doing other activities that you love. Write down all the points you earn at the end of each day. At the end of the week tally up all the P.E. points you have earned and see just how many points you earned. Have a friendly competition with a member of your family or with a classmate. Have fun, enjoy the nicer weather, and stay active!

How to Earn P.E. Points

- A day of NO video games: 100 points
- 30 minutes of outside play: 50 points
- 10 push ups: 25 points
- Ride a bike, scooter or ripstik: 25 points
- Jumping on the trampoline: 25 points
- Helping with household chores: 50 points
- 10 jump squats: 15 points
- 10 sit ups: 10 points
- Eat 1 piece of fruit: 25 points
- Drink a glass of water: 10 points
- Walk or run around the block: 50 points
- Go on a hike: 75 points
- 1 minute of high knees: 25 points
- 1 minute of jumping jacks: 25 points
- 1 minute of planks (ab exercise): 25 points
- Dribble, shoot, or play game of basketball: 25 points
- Dribble and pass a soccer ball with family member: 25 points
- Activity or game of your choice: 15 points
- Do 10 cartwheels: 10 points
- Take your dog for a walk: 50 points

Spud

Here is a fun game to try with your family! You will need a large open space to spread out, and a soft ball to throw that will not hurt if it hits you.

1. Assign everyone playing the game a number from 1 to however many players you have. Choose 1 player to be it.
2. The person who is it starts with the ball in hand, all other players circle him/her. The “it” player throws the ball straight up in the air and shouts out the number of one of the players on the outside circle. All players turn and run away from the ball except the player whose number was called. The player whose number was called runs to the ball and as soon as they catch it or have it in their hands they yell SPUD! As soon as that player yells SPUD, everyone else freezes.
3. The player with the ball now gets to take 3 giant steps toward any player and try to hit them with the ball. The throw should be from the chest down to avoid anyone from being hit in the face. If they miss that person, or the person they throw at catches the ball the thrower collects an “S” the first letter of the word SPUD. If the player thrown at gets hit with the ball, that player gets the “S”. The player who was thrown at becomes the next player to throw the ball up in the middle and call out a number. Everyone comes back to the middle and circles around the thrower to start again. The goal is to try and not collect letters of the word SPUD. Players are eliminated as they spell out the complete word SPUD. The last player still in the game who has not spelled out the word SPUD is the winner.

