

Designing the Physical Education Curriculum-3rd Edition

From the CrossMod: GYM		Family Health & Physical Education Challenge			Mr. Jensen
STUDENTS NAME _____		Classroom Teachers Name: _____			
As a family try to complete as many boxes as you can. Have your parent initial or sign each box that you accomplish. Receive a shoelace token when completed.					
EAT AN APPLE	NO TV OR SCREEN TIME TONIGHT <small>Read a story. Play a board game. Try a Pinterest Video-see last square.</small>	WALK WITH THE FAMILY FOR 30 MINUTES	PLAY A GAME OUTSIDE	SHOVEL SNOW <small>No Snow: Create an obstacle course or challenge course in your house. Time each family member.</small>	
JUMP ROPE WITH FRIENDS	HEALTHY EATS <small>HELP PLAN A FULL DAYS MENU -breakfast, lunch and dinner. Include snacks, drinks and dessert.</small>	READ A BOOK ABOUT Outdoor Adventures	PERFORM YOGA (or another exercise) FOR 15 MINS WITH FAMILY	NO SODA/ POP FOR A DAY	
MAKE A CHINESE JUMP ROPE AND PRACTICE <small>This can be done with sewing elastic.</small>	EAT THREE FRESH FRUITS IN ONE DAY	FAMILY BOWLING NIGHT	GO SLED RIDING	EAT CELERY <small>The natural toothbrush</small>	
TURN OFF THE SCREEN <small>HELP WITH CHORES Chore laundry. Set the table. Take out the trash. Take out the recycling. Pick up the toys.</small>	MAKE A LOW FAT SNACK	NO CANDY FOR TWO DAYS <small>Try O.O.B.P. (raisins, dates, cranberries, cherries, nuts, and a small handful of chocolate chips)</small>	DRINK SIX GLASSES OF WATER	HELP WITH GROCERY SHOPPING	
PLAY OUTSIDE FOR ONE HOUR	EAT TWO Vegetables TODAY	GO ROLLER SKATING OR ICE SKATING <small>*The Pond: Family Friendly Ice Rink Chugra Falls 410*543*3884 *Rudde Hill: Skate & Fun Center Garratville 310*517-4613 *Chugra Valley Roller Rink Chugra Falls 410*543*4214</small>	NO FRENCH FRIES FOR ONE WEEK	Exercise Challenge <small>Scan or go to http://interest.com/getthesisset</small> 	

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