

Flexibility:

Complete a [Yoga/Pilates workout](#).



Muscular Endurance:

How many sit-ups can you do in a minute?
How long can you hold a plank?

Cardiovascular Endurance:

How many times can you jump rope consecutively without making a mistake?

Muscular Endurance:

How many push-ups can you do in 30 seconds?



Be a Helper:

Pick 3 chores that you can do to help your family out this week.

Physical Education Choice Board

Directions:

1. Complete **at least 6** of the fitness activities found on this card.
2. Be sure to get an adult's permission before completing any activity.
3. Scan QR code or [click the link](#) after completing this week's challenge.



Teacher Check In:

Head to Schoology and let your teacher know how you have been keeping yourself busy.

Game Creation:

[Create your own game. Try playing with your family members.](#)



Fitness Selfie:

Take a picture of yourself being active and post on social media and tag #FalconPEChallenge



Free Choice:

Pick something active outside to do for 30 minutes.

Walk/Jog:

Take at least a 15 minute walk/jog.



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