

# Family PE Week **2022** Active Schools | OPEN

Score up to 50 points during Family PE Week with this Active Family Challenge

<b>Let's Move!</b> Active Games for Your Family			<b>Total Points for Let's Move</b> (15 Possible Points)
<b>KEEP IT Up</b> <a href="#">Watch the Video Here</a> Complete for 5 points.	<b>SPOON RELAY</b> <a href="#">Watch the Video Here</a> Complete for 5 points.	<b>BACKBOARD BANK IT</b> <a href="#">Watch the Video Here</a> Complete for 5 points.	
<b>Family Fitness!</b> Get Active Together			<b>Total Points for Family Fun</b> (15 Possible Points)
<b>PLANK WORKOUT</b> <a href="#">Link with Options</a> Complete for 5 points.	<b>JACKS WORKOUT</b> <a href="#">Link with Options</a> Complete for 5 points.	<b>LUNGE WORKOUT</b> <a href="#">Link with Options</a> Complete for 5 points.	
<b>Gratitude Attitude!</b> Be Thankful and Let It Show			<b>Total Points for Gratitude!</b> (15 Possible Points)
<b>THANK YOUR PE TEACHER</b> Send a thank you note to your school's physical educator. Handmade cards are the best! Complete for 5 points.	<b>TELL A PRINCIPAL THAT YOU LOVE PE</b> Send a note or email to your school's principal thanking them for supporting PE. Complete for 5 points.	<b>SHARE YOUR FAVORITE PE MEMORY</b> Adults, tell your kids about your favorite memory or game from physical education class. Complete for 5 points.	
<b>Be Social!</b> Share your Participation			<b>Total Points for Celebration!</b> (5 Possible Points)
<b>USE #FamiliesLovePE</b> Post an active photo or video to social media during Family PE Week and use #FamiliesLovePE.			