

Family PE Week ————— Active Schools | OPEN

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

Let's Move Have some fun with fun activities.			Total Points (15 Possible Points)
ROCKY RPS Activity Plan Complete for 5 points.	HOT, HOT, HOT Activity Plan Complete for 5 points.	AHH, UMM, ERR Activity Plan Complete for 5 points.	
Minute To Win Challenge your family and friends to a friendly competition.			Total Points (15 Possible Points)
BUCKET HEAD Activity Plan <i>Equipment Swap: Replace the foam ball with a sock ball.</i> Complete for 5 points.	SPINNER WINNER Activity Plan <i>Equipment Swap: Replace the hoop with a coin.</i> Complete for 5 points.	BALL DROP Activity Plan <i>Tip: Be creative! Use the equipment you have available.</i> Complete for 5 points.	
Reflection & Gratitude Take a moment to think, reflect, and share your appreciation.			Total Points (15 Possible Points)
LAW OF GRATITUDE Law of Gratitude Journal Complete for 5 points.	#PEMannequinChallenge Activity Plan Supporting Resource Complete for 5 points.	SHOW YOUR THANKS <i>Draw (or take) a picture of yourself in your favorite activity and give it to your PE teacher.</i> Complete for 5 points.	
Spread the Word Share with others the joy of movement and the importance of physical education.			Total Points (5 Possible Points)
SOCIAL MEDIA POST Post an active photo or video using #FamiliesLovePE. Tag your school, @ActiveSchoolsUS, @OPENphysed.			