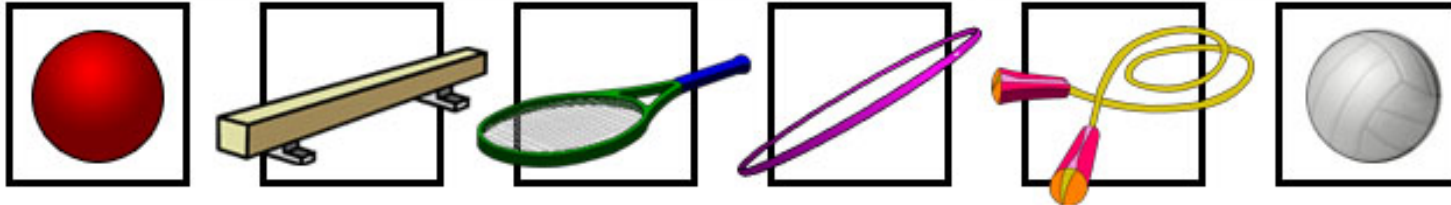


PE CENTRAL CHALLENGE



PE Central Challenge Presentation
Developing Cooperative
and Successful Movers
One Skill at a Time

Insert Name of School
Insert Name of presenter
Insert Date



PE Central ([pecentral.org](http://www.pecentral.org)): *The Premier Web Site for Physical Educators*





What is the PE Central Challenge?

- A fun motor skills/cooperation skills challenge designed to motivate 4th and 5th grade children (began in 1999)
- Teachers/activity coordinators/parents register in *September* each year
- Registration cost: *\$23.00 per teacher*
- Register at *www.pecchallenge.org*



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What is the PE Central Challenge

- Students given choice to participate
- Teachers/volunteers administer and keep track of student progress
- Students earn award pins and certificates



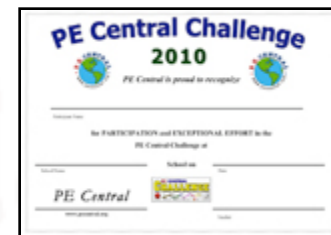
Gold



Silver



Bronze



Certificate





What is the PE Central Challenge

- **Tasks completed over 5-6 months**
- **Students encouraged to practice and test often**
- **Students encouraged to support each other**
- **Not recommended to be done solely in class**
- **Others encouraged to become involved**
 - **Classroom teachers**
 - **Parents**
 - **Volunteers**



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Challenge Award Pins

Criteria for Earning an Award Pin

- **GOLD PIN** = Child successfully completes ***ALL*** 6 challenge tasks
- **SILVER PIN** = Child successfully completes **5** of 6 challenge tasks
- **BRONZE PIN** = Child successfully completes **4** of 6 challenges
- **CERTIFICATE** = Teacher can download from Web site for children





Criteria for Challenges

- Challenge tasks meet National Standards (NASPE, 1995);
- Skills improve with reasonable amounts of quality practice (*i.e. success not thought to be based primarily on hereditary factors, physical fitness or athletic ability*);
- Materials and equipment typically available in most Elementary schools (no purchase necessary);
- Criteria for each challenge are easily understood by the children and teachers (*i.e. not based on a teacher's subjective judgement*);
- Some challenges chosen had to do with a partner or in groups to encourage cooperation and teamwork





Characteristics of Tasks

- **Three challenges are performed alone**
 - Jump rope
 - Hula hooping
 - Striking with a paddle
- **Three are with friends**
 - Balancing on a beam
 - Throwing and catching
 - Volleying





The Challenges

1. Balance Shuffle

- Two children stand on a 2" x 4" board and exchange places twice without touching the ground.





The Challenges

2. Hula Hooping

- **20 seconds with hoop moving around the waist the entire time.**

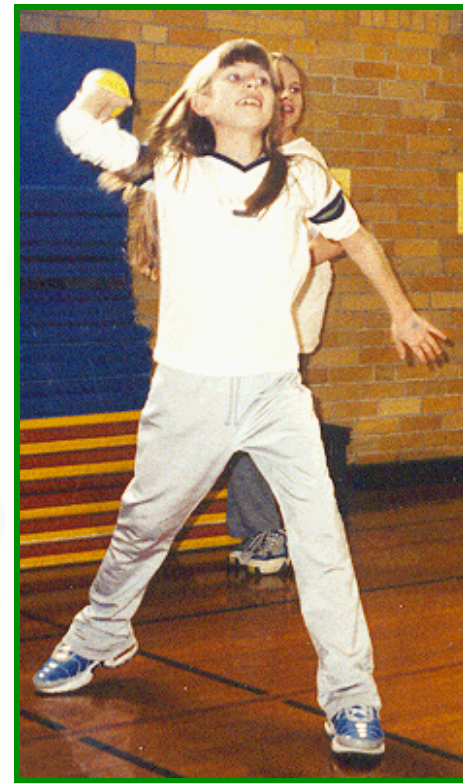




The Challenges

3. *Partner Throw and Catch*

- With a partner, throw and catch an object (child/teachers choice) 30 times without a miss from 25 feet.

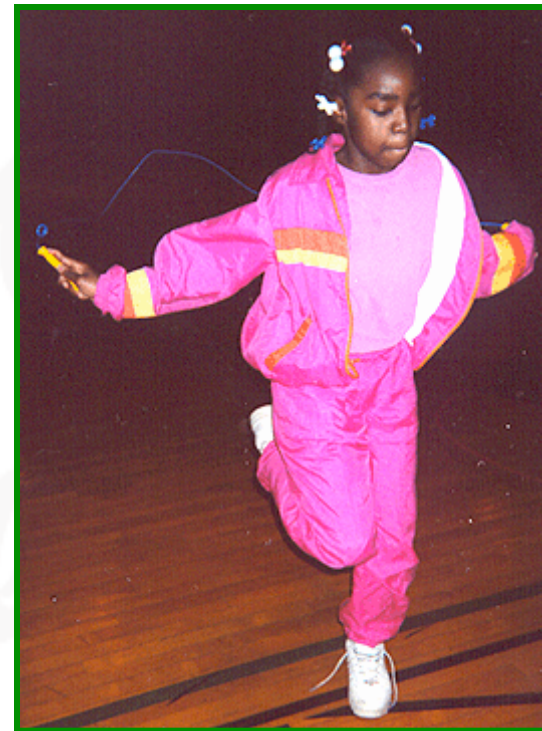




The Challenges

4. *Jump That Rope*

- **Jump a single rope continuously for 90 seconds without a miss.**





The Challenges

5. Paddle Strike

- **Continuously strike a ball with a paddle 60 seconds while remaining in a 3-4 foot diameter space.**

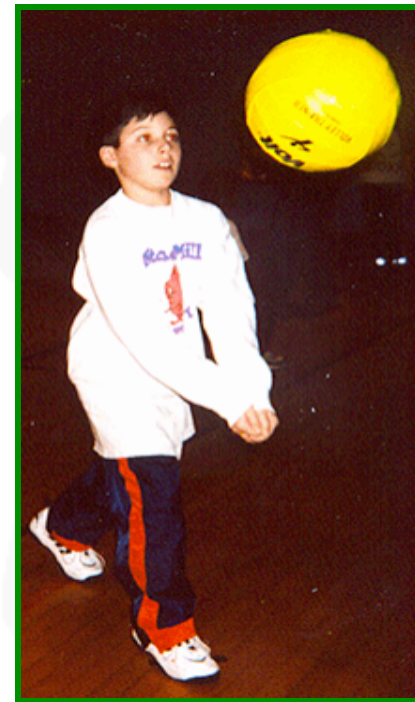




The Challenges

6. Volley Up

- **Three children volley a ball (not a beach ball or balloon) 10 times in a row without the ball hitting the ground.**







Free Certificates

Gold, Silver, Bronze & Participation

PE Central Challenge
2010


 *PE Central is proud to recognize* 

Participant Name

for PARTICIPATION and EXCEPTIONAL EFFORT in the
PE Central Challenge at

School Name

School on _____
Date

PE Central 

www.pecentral.org

Teacher



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Survey Response Analysis

Overall Findings

Teachers said:

- the Challenge encouraged children to practice motor skills outside of class
- the Challenge encouraged children to help each other succeed at the challenges
- the Challenge allowed children of varying skill ability levels to succeed
- the Challenge helped children learn to work together as a team





Teacher Comments

“My students have been working hard to achieve their Challenge goals. The support they have for each other is awesome! Loud cheers go up when a student or group of students meet the requirements for their Challenge. We set a class goal for everyone to achieve the bronze pin and students have set their individual goals for the gold.”





Teacher Comments

There was a great deal of camaraderie and encouragement as they practiced the skills and tried to achieved the personal goals they set. We use heart rate monitors in class and we were surprised at the level of activity when we rotated from challenge to challenge.





Teacher Comments

The strength of the PE Central Challenge was in its ability to motivate students to practice the needed skills for success.

Students learned the value of not giving up. They felt the kinship that comes from a shared challenge. Thanks for offering the Challenge and providing the pins.





Teacher Comments

The children really came through for each other. It was nice to see some of my "problem" students rally and help some of the ones who were having trouble. I think it helped teach the meaning of teamwork to some of them.





Student Comments

- *I think it gives you an opportunity to let you do a variety of things. It lets you see what you need to work on and let you show off on the things you do well.*
- *I think the purpose was to check and see how well we participate and work together.*





Student Work

My favorite challenge was...



*Shawn Fortner, PE Teacher
Back Creek ES, Roanoke, Virginia*



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Successfully complete just 4 events and you win the Bronze Award a beautiful winners pin!

Show them how great you are by successfully completing 5 events and win the Silver Pin!



When you successfully complete all 6 events you WIN GOLD! Win the pin and show the world you are the champ!

Every Participant Wins a personalized Certificate!



Brochure Created by:
Lauren Hulsey
Mrs. Fairbairn's class
January 2000



YOU ARE ALWAYS A WINNER IN THE P.E. CENTRAL CHALLENGE!

What's more fun than getting locked in a candy & Chocolate factory?

- A. Juggling 1000 wet noodles
- B. Living in an alligator's mouth
- C. Sleeping in a bed of fire ants
- D. Walking on hot coals
- E. **THE P.E. CENTRAL CHALLENGE!**

Your answer is E? Are you sure? Is that your FINAL ANSWER?

YOU WIN! Look inside to discover all the excitement that waits for you.

Carol Winckler, PE Teacher, Stone Mill ES, Rockville, Maryland



Challenge Parents Night

ACS Adu Dhabi



Teacher: Diane Cramer



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Why Do the Challenge?

- Encourages youngsters (and teachers) to “apply movement concepts and principles to the learning and development of motor skills” (NASPE, 1995, p.1)





Why Do the Challenge?

- **Motivational and fun for students!**
- **Encourages students to work together/cooperate**
- **Easy for anyone to implement/administer**
- **Great Parents Night assembly**



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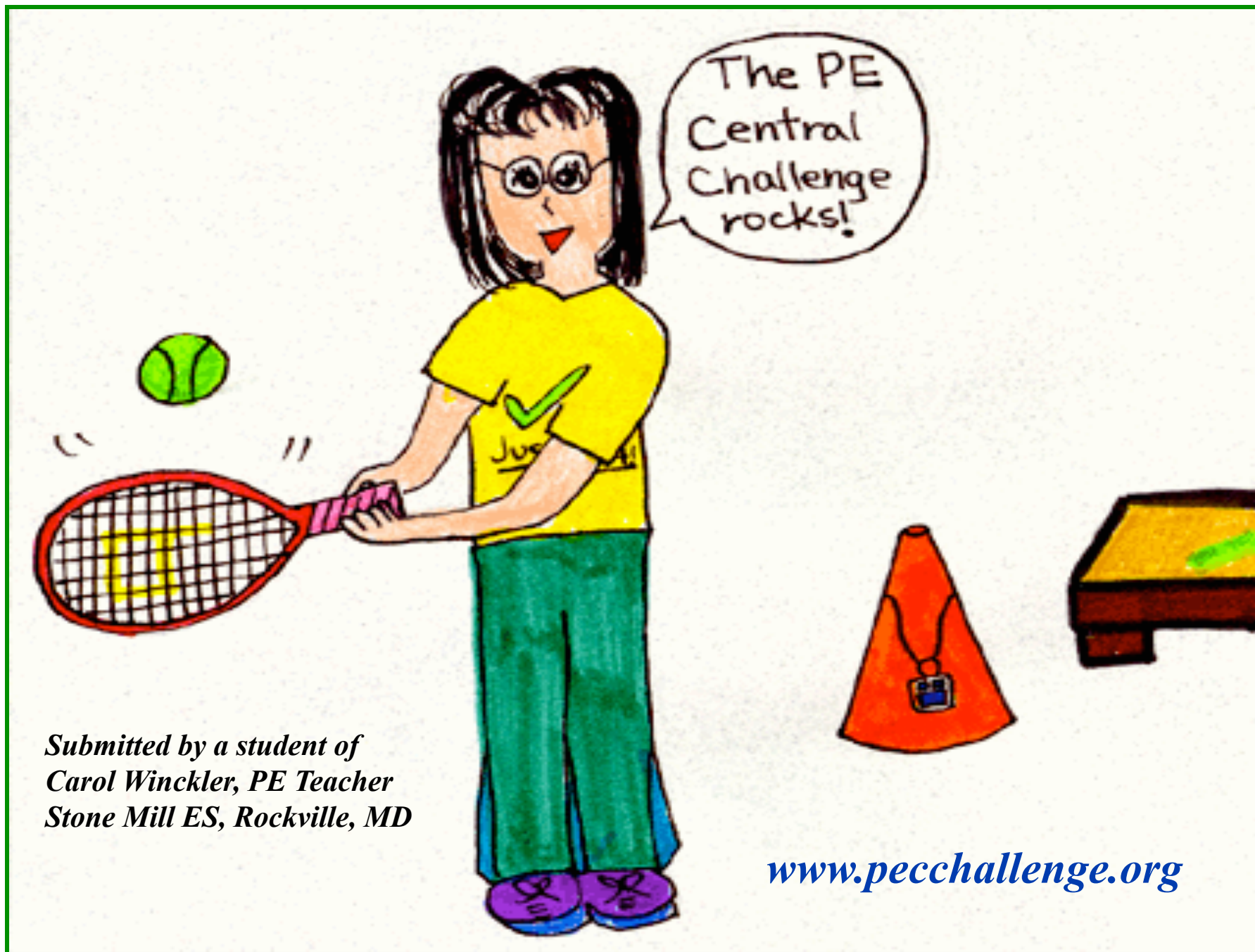




Why Do the Challenge?

- **According to the National Center for Chronic Disease Prevention and Health Promotion the emphasis in elementary school should be on “developing basic motor skills that allow participation in a variety of activities” (NCCDPHP, 1997, p. 20)**





*Submitted by a student of
Carol Winckler, PE Teacher
Stone Mill ES, Rockville, MD*

www.pecchallenge.org