

# PE Challenge 2005



Dear Families,



This Year Ponderosa Elementary is pleased to announce that we will be participating in a nationally hosted Physical Education Challenge. PECentral.com hosts the popular challenge to all elementary schools that value physical education. On May 2<sup>nd</sup> through May 6<sup>th</sup>, your child will be competing in this challenge. We invite you to attend during their specialist day:

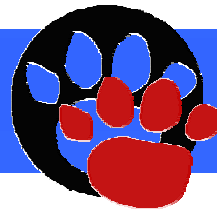
Monday 12:30 - 3 pm . . . . .	1 <sup>st</sup> Grade
Tuesday 12:30 - 3 pm . . . . .	5 <sup>th</sup> Grade
Wednesday 1 - 3 pm . . . . .	3 <sup>rd</sup> Grade
Thursday 1 - 3 pm . . . . .	2 <sup>nd</sup> Grade
Friday 1 - 3 pm . . . . .	4 <sup>th</sup> Grade

From now until May, we encourage you to remind your child to practice the skills described on the next page. We also hope that you will mark the day your child is scheduled to compete in the challenge on your calendar, to be sure you can attend this special and important day in your child's life.

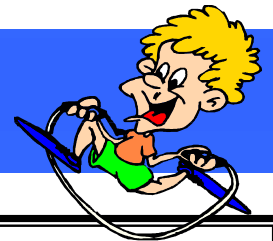
A developmentally and instructionally appropriate physical education program is an essential and extremely important part of a child's life. Here at Ponderosa, we value this philosophy and invite you to visit your child's/students physical education class to see for yourself the creative and innovative curriculum being taught, everyday.

**Jim Wyatt** *Physical Education Specialist  
Ponderosa Elementary School*

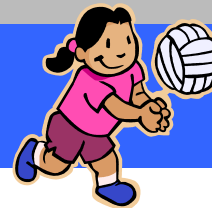
**Todd Davis** *Physical Education Student Teacher  
University of Idaho*



## Challenges



- 1. Balance Shuffle** - Two children stand on each end of an eight foot long 2" x 4" board placed on the ground (4" side of board goes on the ground). Each child travels to the opposite end and then back without falling off. Children start again if any body part touches the ground. The board is marked with lines twelve inches from each end. This is where the children start--both at the opposite end--and finish. When they switch they travel to the twelve inch mark on the opposite end of the beam before starting back to their original location.
- 2. Hula Hooping** - Hula hoop for 20 seconds with the hoop starting around the waist and remaining off the ground (floor) the entire time.
- 3. Jump Roping** - Jump a single rope continuously (rope must remain in a constant turning motion) for 90 seconds without a miss.
- 4. Volley Up** - Three children stand in a triangle three giant steps from each other. The challenge is to volley a ball (**not** a beach ball or balloon) 10 times in a row without the ball hitting the ground. Each child must contact (volley) the ball at least twice but may not strike it twice in a row (similar to volleyball rules).
- 5. Throw and Catch** - Throw and catch an object **with your hands** with a partner 30 times in a row without a miss from a distance of 25 feet. Both catches and throws must be made behind the line to be counted. Each student will complete 15 throws and 15 catches for a total of 30.
- 6. Paddle Strike** - Strike a ball with a short or long-handled paddle or racket in the air continuously for 60 seconds to your self while remaining in a 3-4 foot diameter space, e.g. hoop, jump rope formed into a circle. The circle must remain stationary for the entire 60 seconds.



## Awards



Each participant will receive a participation certificate. Those who successfully complete 4 of the 6, receive a Bronze certificate, 5 of 6, receive a Silver certificate, all 6 receive a Gold certificate. The 4<sup>th</sup> and 5<sup>th</sup> grade class that receives the highest percentage of Gold certificates will be awarded the 2005 PE Central Challenge Limited Edition Pins.