

NAME _____

Teacher _____ Color _____ No. _____

PE CENTRAL CHALLENGE: 2008

CHALLENGE #1: BALANCE SHUFFLE

(Two Students) Two students stand on each end of balance beam. Each student travels to the opposite end and then back without falling off. Start over again if any body part touches the ground.

Check _____ Checked By _____
Lines on Floor _____
(Checked by Two Friends)

Balance Shuffle _____

CHALLENGE #2: HULA HOOPING

(One Student) Hula hoop for 20 seconds with the hoop STARTING AROUND THE WAIST and remaining off the ground (floor) the entire time.

First Attempts Personal Best: _____ *GOAL* _____ *Final Personal Best* _____
Seconds _____ Checked By _____

Five Seconds _____

Ten Seconds _____

Fifteen Seconds _____

(Checked by Two Friends)

Twenty Seconds _____

CHALLENGE #3: JUMP THAT ROPE

(One Student) Jump a single rope continuously for 90 seconds without a miss. (Rope MUST remain in a constant turning motion.)

First Attempts Personal Best: _____ *GOAL* _____ *Final Personal Best* _____
Seconds _____ Checked By _____

Fifteen Seconds _____

Thirty Seconds _____

Sixty Seconds _____

(Checked by Two Friends)

Ninety Seconds _____

CHALLENGE #4: VOLLEY UP

(Three Students) Stand in a triangle THREE giant steps from each other. The challenge is to volley a ball 10 times in a row without the ball hitting the ground. Each student must volley the ball at least TWO TIMES, but may not strike it twice in a row.

First Attempts Personal Best: _____ **GOAL** _____ *Final Personal Best* _____

	Number	Checked By
Volley to self, 10 times	_____	_____
Volley to partner, 5 times	_____	_____
Volley to partner, 10 times	_____	_____

Checked ONLY BY Miss Winckler

Volley Up (3 Students) _____

CHALLENGE #5: PARTNER THROW AND CATCH

(Two Students) 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.

First Attempts Personal Best: _____ **GOAL** _____ *Final Personal Best* _____

	Number	Checked By
12 Feet/15 Throws	_____	_____
12 Feet/30 Throws	_____	_____
25 Feet/15 Throws	_____	_____

(Checked by Two Friends)

Partner Throw and Catch _____

CHALLENGE #6: PADDLE STRIKE

(One Student) 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 four-foot diameter space. You may not step on the line.

First Attempts Personal Best: _____ **GOAL** _____ *Final Personal Best* _____

	Seconds	Checked By
Paddle Strike: 15 Seconds	_____	_____
Paddle Strike: 30 Seconds	_____	_____
Paddle Strike: 45 Seconds	_____	_____

(Checked by Two Friends)

Paddle Strike: 60 Seconds _____

MY RECORD SHEET

Once a challenge has been successfully completed, circle the CHALLENGE number!

6 Challenges = Gold; 5 Challenges = Silver; 4 Challenges = Bronze

#1 #2 #3 #4 #5 #6