

The Cooperative Skills Challenge from PE Central and S&S Discount Sports

Building fit and skillful movers one challenge at a time

Web Site: <http://www.pecchallenge.org/default.asp>

Purpose: The purpose of the Cooperative Skills Challenge is to encourage children to become more proficient at performing physical activity skills such as throwing, catching, volleying, and striking with paddles. In addition, it enhances their teamwork and cooperation skills.

Suggested Grade Levels: We recommend that you offer the Challenge to children in 3rd grade through 8th grade. We used 4th and 5th graders to test so those are the grades we know work best for the challenge. You are welcome to make the tasks harder or easier by adjusting distances, equipment or time.

Description: The Cooperative Skills Challenge debuted in 1999 and has been one of the most popular physical education programs ever. We estimate that over **1.2 million** children have participated in the Skills Challenge. The program is unique in that it is one of the few Challenges that have focused primarily on motivating children to practice motor skills such as throwing, catching, volleying and striking.

The Challenge is composed of a series of six motor skill challenges that focus primarily on a child's cardiovascular endurance and muscular strength. Four of the challenges involve kids working with partners while the other two are individual challenges. The exciting aspect of the Challenge is that all of the tasks are set up to reduce the feeling of isolation and apprehension which can be detrimental to kids wanting to perform many fitness tasks. We created this environment by forming challenges that combine fun motor skills (e.g., throwing and catching), fun equipment (4 of the challenges require balls of kids choice to be manipulated) and the most important aspect is that a majority of the challenges can only be completed by working successfully with a partner.

The Six Challenges:

Balance Shuffle: This is for two children. One child stands on one end of the board and the other on the opposite end of an eight foot long 2" x 4" board placed on the ground (the 4" side goes on the ground or floor). The board is marked with lines twelve inches from each end. Children start and finish behind the lines at opposite ends. When they switch they travel to the mark on the opposite end of the board before starting back to their original positions. Each child travels to the opposite end of

the board and then back, without falling off or touching any body part to the ground.

Partner 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. If the throw or catch is not made past the line or a throw is dropped the task must be started again. Each youngster will complete 15 throws and 15 catches for a total of 30.

Volley Up: Three youngsters stand in a triangle formation three giant steps from each other. The challenge is to volley a ball (**not** a beach ball or a balloon) 10 times in a row without the ball hitting the ground. Each youngster must contact (volley) the ball at least twice but may not strike it twice in a row.

Jump That Rope: Jump a single rope continuously (rope must remain in a constant turning motion) for **90 seconds** without a miss.

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.

Hula Hoop: Hula hoop for **20 seconds** with the hoop starting around the waist and remaining off the ground (floor) the entire time.

How the Program Works

Teachers come to the Cooperative Skills Challenge Web site to register in the Fall. The cost to register is \$25.00 per teacher. Teachers must renew each year to participate.

After a teacher becomes a registered member, they can start administering the challenge tasks at any time. Teachers have until the beginning of June of the following year to administer and test the kids. Children that successfully complete 4 of 6 tasks earn a bronze fitness challenge pin. If a child completes 5 of 6 of the tasks, that child earns a silver fitness challenge pin. If a child completes 6 of 6 fitness tasks then he/she earns a gold fitness challenge pin. All of the information you will need to administer the Cooperative Skills Challenge is on the Web site (www.pecchallenge.org/default.asp). There is a score sheet, downloadable participation certificates, and detailed descriptions of the set up of each challenge along with videos and pictures.

By June of the following year, teachers return to the Cooperative Skills Challenge site to report to us how many pins their children earned. The cost to purchase the award pins is \$1.01 each. S&S Worldwide, our partner, will mail the pins via UPS.

Member Benefits:

- All registrants receive a FREE \$25.00 eGift card from our sponsor, S&S Discount Sports that can be used to purchase pins or equipment from their online PE store (pe.ssw.com)
- Upon completion of the program, members can order Challenge award pins using their \$25.00 eGift card at the S&S Discount Sports website
- For additional pins, members can get 15% off plus FREE shipping on orders over \$25. Use offer code B4263 when ordering (non-members do not receive this special offer)
- Cost for additional pins are only \$1.01 each using the special discount (non-members pay \$1.19 per pin)
- Log in UN and PW so you can change your personal information at any time
- Frequent email communication from Mark Manross, Executive Director, updating you on dates things need to be completed, etc.

Award Pins for PE Central Skills Challenge



Gold



Silver



Bronz

Contact PE Central:

Phone: 540-953-1043 (Mark Manross, Executive Director)

Email: fitnesschallenge@pecentral.org

Address:

PE Central
2516 Blossom Trl W
Blacksburg, VA 24060