

HomeWorkOut Challenge Sheet #7

FREQUENCY			INTENSITY	TYPE	TIME
witness/parent initials			easy/moderate/hard	activity description	minutes/repetitions
1.	2.	3	Easy..Mod... Hard	kick around a ball	15 mins
1.	2.	3	Easy..Mod... Hard	shoot hoops	20 mins
1.	2.	3	Easy..Mod... Hard	soccer obstacle course	15 mins
1.	2.	3	Easy..Mod... Hard	country dancing	15 mins
1.	2.	3	Easy..Mod... Hard	play catch with a friend	15 mins
1.	2.	3	Easy..Mod... Hard	walk with parent	20 mins
1.	2.	3	Easy..Mod... Hard	sweep the driveway	15 mins
1.	2.	3	Easy..Mod... Hard	jog around the block	20 mins
1.	2.	3	Easy..Mod... Hard	hopscotch	15 mins
1.	2.	3	Easy..Mod... Hard	bike with a friend	15 mins
1.	2.	3	Easy..Mod... Hard	any tagging game	15 mins
1.	2.	3	Easy..Mod... Hard	jump rope to music	10 mins
1.	2.	3	Easy..Mod... Hard	ski jump a line	5 mins
1.	2.	3	Easy..Mod... Hard	play Simon sez	20 mins
1.	2.	3	Easy..Mod... Hard	run	one mile
1.	2.	3	Easy..Mod... Hard	walk/jog/run	15 mins
1.	2.	3	Easy..Mod... Hard	fancy footwork dribble/hands	10 mins
1.	2.	3	Easy..Mod... Hard	aerobic stepping	15 mins
1.	2.	3	Easy..Mod... Hard	play catch w someone older	15 mins
1.	2.	3	Easy..Mod... Hard	play catch w someone young	10 mins
1.	2.	3	Easy..Mod... Hard	formal sport practice/game	type _____ mins _____
1.	2.	3	Easy..Mod... Hard	play red light, green light	10 mins
1.	2.	3	Easy..Mod... Hard	Free choice _____	20 mins
1.	2.	3	Easy..Mod... Hard	any racket sport w partner	15 mins
1.	2.	3	Easy..Mod... Hard	push ups/lunges/dips/jj	20 reps/2 sets
1	2		Eat a vegetable	that you've never tried.	Record on back.
1.			List at least 5 things	you've learned in PE. List	on separate page
1.			Compare fat/calories	of 3 McDonalds meals on a	separate page.
1.			Eat healthy meals	and snacks all day for 1 day	Make a list on back.
1.			Bring a fitness, sport,	or health related article	to PE.
1.			Help clean house,	garage or wash the car.	15 mins

Name _____ Hour _____ Start date _____ End date _____