

Minute 2 Win It Challenge

Greetings from your P.E. teachers:

Hi Kids! We hope you are having a great start to your week. Enjoy this week's fun challenge...How many can you do in 1 min?!?

Parents...Please reach out to Mr. Rozzi or Ms. Mapp with any questions or concerns. We are here to support you while you help and encourage your child(ren) to keep moving!

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How to Play:

- Each day, students will select multiple "Minute 2 Win It" Challenge activities (amount determined by grade level).
- Students will set a timer for 1 minute. During the minute, students will count how many repetitions for each exercise they can perform and record that on the Challenge Log (included). Don't forget to start your timer!
- This can be done daily, choosing different exercises for the entire week.

Levels:

Kindergarten and 1st grade - Select and perform a minimum of 3 exercises daily.

2nd and 3rd grade - Select and perform a minimum of 4 exercises daily.

4th and 5th grade - Select and perform a minimum of 5 exercises daily.

Minute 2 Win It Challenge Options:

Select from the following exercises and activities

Jumping Jacks	Sit Ups	Dribble a Basketball	Bump and Set a Volleyball
Jump Rope	Mountain Climber	Pass and Catch a Basketball	Toss and Catch
Working Push Ups	Step ups	Shoot a basketball into a goal	Superman
Squats	Leg Lifts	Juggle a soccer ball	Pacer
Push Ups	Line Jumps	Pass and receive a soccer ball	FREE CHOICE

