

# PHYSICAL EDUCATION ACTIVITY #1

**I LOVE A CHALLENGE!**



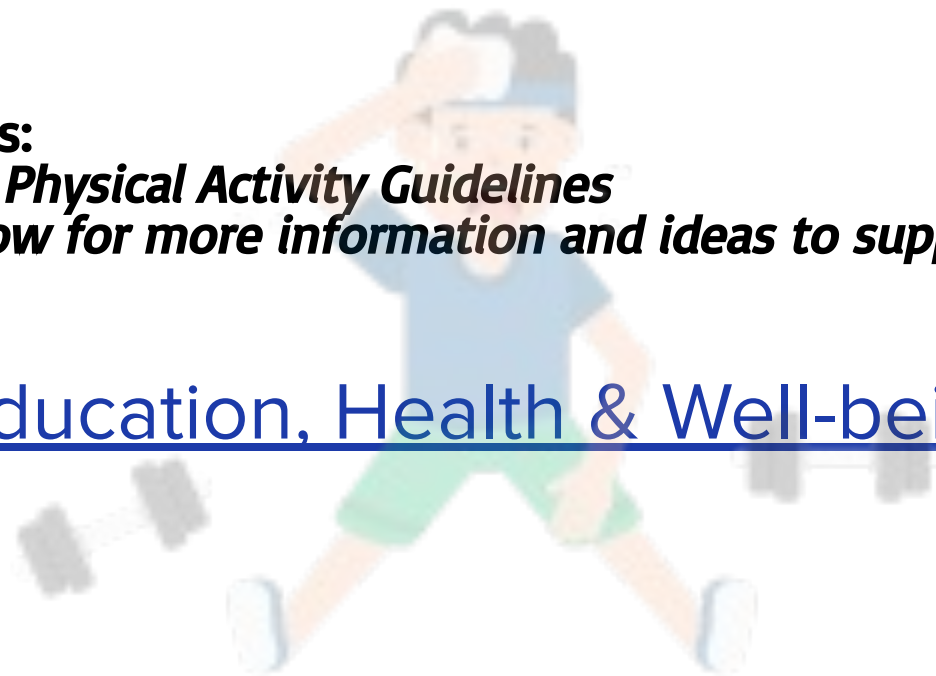
# DAILY PHYSICAL ACTIVITY GOALS

**Up to 60 Minutes:**

***As per Canadian Physical Activity Guidelines***

***Click on link below for more information and ideas to support Health and Wellness!***

**[Physical Education, Health & Well-being](#)**



# **Today's Gameplan!**

**Today, you will test your skills with a variety of challenges. There are 42 in all, so pick a few to test your skills. Some you will find easy, some hard. Take note of both, and try your best to improve on each task. Good luck and have fun! Feel free to go back a later to try more challenges or to attempt to improve on your scores!**

**Please find a safe place to complete the challenges and be sure that you are wearing proper clothing, including proper footwear to help ensure your safety!**

# TAKE THE CHALLENGE!



## Step 1:



Click on the link to the YouTube Channel  
[I love a challenge - YouTube](#)

## Step 2:

View and try any of the 42 Challenges (each video demonstration is about 2 minutes each)

## Step 3:

Use the tracking sheet to see which level of mastery you can achieve! [I LOVE A CHALLENGE! - Template \(darkhorseathletic.ca\)](#)



Remember!

Have fun, do your best and be safe!

Complete as many challenges as you would like, you can make it a personal challenge with yourself or you can challenge your friends or family members to see if they can match you!

