

PE CHALLENGE

What is the PE Challenge?

The **PE Challenge** is an opportunity for elementary PE teachers in Tulsa County and surrounding areas to showcase student achievement in 4 different categories. The winner of each challenge will be awarded \$250.00 to order equipment/materials based on their schools physical education program needs.

How does my school participate?

Go to www.tulsaplay.org to find information about the program and the challenge dates.

How is the winner chosen?

This is YOUR TIME to brag about what you do on a daily basis! Using our online **PE Challenge Survey** at www.tulsaplay.org , you will highlight your students achievements based on the challenge your students participated in. Let us know how you assessed your students and explain in detail how your classes achieved their goal for the challenge. BE CREATIVE!

A winner will be chosen for each challenge based on their students participation, overall improvement, the methods and ideas used to achieve the goal, how many Physical Education and Health Standards were met, and how well your school scored on the **PE Challenge Rubric** provided. **The survey must be completed and submitted by the designated date. NO late entries will be accepted.**

SURVEY EXAMPLE: Detailed Methods/Activities for Cardiovascular Endurance (taken from a PE Challenge winner from last year)

What were your goals and objectives?

My goals and objectives were to increase student cardio endurance and teach them how to pace their running for the longer runs. Our big school race "Rock and Run" is on April 14. Each grade level will run during their PE time. A marathon is 26.2 miles so we run for 26 minutes around our track which is an eighth of a mile. The first, second and third place winners (boys and girls) in each grade level will win medals. Parents come and record laps for small groups of students by punching holes in the cards each student carries. Everyone is cheering for them.

How was student achievement measured?

Each day in PE (weather permitting) students do running club around the track for 8-10 minutes. Tabs are passed out for each lap completed. They are recorded by student and class. As a school, we are running across America through the capitals in each of the states we cross. A map is posted in the cafeteria and progress is charted. First semester we ran from Augusta ME to Phoenix AZ for a total of 3,037 miles. This second semester we started in Olympia WA and so far have made it just past Denver CO on the way to Tallahassee FL. This distance is 3,127 miles. The class that runs the most laps in a month receives an extra recess.

We also did heart rate activities where students checked their pulses after a minute of activity like walking, sprinting, jumping jacks, sitting quietly. The pulse was recorded and charted on a graph. Students were to predict which activity would keep their HR lowest and raise it the highest. Their results were compared to their predictions. Other cardio activities included cup stacking relays, fitness stations and stack bowling.

What resources did you use during the challenge? It's All About Kids games, State conferences and local workshops have provided me with great ideas that I tweak for my own use.

What methods or activities did you use in order to help students accomplish this goal? Creativity is encouraged!

Activities included cup stacking relays, stack bowling, foosball, relay day, heart rate worksheets, fitness stations, first aid relays and I am testing students on fitnessgram PACER again this month. Running Club is ongoing and our Rock and Run annual marathon race is April 14.

What are the Oklahoma PE/Health Standards connected to the challenge content?

2-1 moving in self space and general space

3-3 heart is a muscle that needs exercise, identify activities to enhance fitness

5-1 recognizes activity is important for good health

5-2, 5-3 enjoying challenging activities

Was this challenge beneficial to your students and your program? Please explain your answer (Ex: Students enjoyed competing against one another, participation in activities increased, negative behavior decreased, etc.):

In running club students receive awards every 5 miles run. They wear them on their shoes so everyone in school can see what they have accomplished. Many students have chosen to run more laps over stopping to play on the playground. This is a lifetime activity.

Were there any individual success stories that stood out in the group? If so, please explain.

I have 3 second grade students who have completed more than 25 miles during PE time running club. They keep me scrambling to come up with more awards for them.

Is there any equipment/supplies that would have been a benefit to you and/or your students during this challenge?

A tablet to record laps on as they happen and automatically update each students' total would be terrific.

When and what are the challenges?

Challenge #1: Line Dance: Students will create their own line dance to music. A video will be made and submitted with survey.

Standard 1 – Demonstrates competency in a variety of motor skills and movement patterns.

October 2nd – October 31st, 2017

Submit results by November 3rd, 2017

Winner will be notified and results will be posted on our IAK website,
www.tulsaplay.org

Challenge #2: Create Your Own PE Game Based on Class Novel: Students (in groups) will talk about, agree upon, and teach a game to their class that relates to their class novel. Example: 2nd grade may be reading “The Mouse and the Motorcycle”. Must have name of the novel, name of the game, number of players, the play area, materials needed, rules, how it relates to novel.

Standard 3 – Demonstrates the knowledge and skills to achieve and maintain a health enhancing level of physical activity and fitness.

November 1st – December 8th, 2017

Submit results by December 13th, 2017

Winner will be notified and results will be posted on our IAK website,
www.tulsaplay.org

Challenge #3: S.T.E.M in the GYM: The object of this challenge is to incorporate science, technology, engineering, and math into a fun action based activity.

February 1st – February 28th, 2018

Submit results by March 2nd, 2018

Winner will be notified and results will be posted on our IAK website,
www.tulsaplay.org

Challenge #4: OCCT Testing: We know how physical activity effects academic performance, tell us how you did your part in preparing your students for state testing.

March 1st – April 6th, 2018

Submit results by April 13th, 2018

Winner will be notified and results will be posted on our IAK website,
www.tulsaplay.org

