

Mr. L's April Stay Home PE Challenge

FAQ

Level 1 doesn't look very challenging, can I begin on a different Level?

- No, you must begin at Level 1! Challenges become more difficult as Levels progress.

Can I do more than one Level in a day?

- No! This challenge is about building healthy habits and a routine just as much as it is about being physically fit. "The tortoise and the hare" story is a classic. The steady wins the race."

Do I have to do a Challenge every day?

- Figure out what works for you; 3 days a week, 7 days a week, every other day!?!? I will be attempting to complete one Level every day Monday-Friday, taking Saturdays and Sundays off.

I don't know how to do the exercises, where can I learn?

- [Push Ups for Kids](#) by kidcoach1 on youtube. "Keep your elbows in, close to your body."
- [Air Squat](#) by kidcoach1 on youtube. "Push through your heels."
- [Plank Exercises for Kids](#) by kidcoach1 on youtube. "Shaking is OK!"
- Check out [Mr. L's youtube playlist](#) of each Level's workout. Search "Mr. L's April Stay Home PE Challenge" on youtube.

Can I make a video of myself completing a Challenge?

- I would absolutely love it if you did this! Email it to me or send me a youtube link of your video and I will post it to the official playlist (with parent permission of course)!

How does the Stay Home PE Challenge align with Oregon's Physical Education Standards?

- Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Standard 5 - The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.



Contact Mr. L @ llinebaugh@eaglecharterschoolsalem.org or via Dojo.