



Activities

Title: Minute May Challenges

Time	1 – 10 minutes, 3 times per week
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Title	Minute May Challenges
Purpose/SEL	To increase the student's physical activity level at home, while interacting with family and practicing perseverance.
Materials	<ul style="list-style-type: none"> • Timing device (stopwatch, cellphone, wall clock) • 12 plastic cups • 15-30 small Legos • 2 pillows
Instructions	<ul style="list-style-type: none"> • These challenges are made to be done with a partner, but can be modified for solo use (see modifications). • For this movement opportunity, each challenge has different individual instructions. • Click on the challenge links for videos and instructions for each.
Modifications	<ul style="list-style-type: none"> • Repeat one challenge several times in a row or every day for a week to see if you can improve • Complete challenges virtually with a friend by starting a video chat (with parent permission)
Resources/Links	<ul style="list-style-type: none"> • Here is where we would put links to each challenge video • Or we could put a link to the Google Doc that has all of the videos (Link to Google Doc) • Or maybe even a Youtube Channel