

Grigsby Intermediate - - - PE Challenge – Week of May 11, 2020

This PE Challenge is for all the AMAZING, SUPER TALENTED students of Grigsby! This will be the last PE Challenge you will receive from me this school year. So, let's make this the best one yet!!!! The week of May 11-15 was supposed to be Field Day Week here in Carlisle.....I am super disappointed that we aren't able to all be together having a great time! But, I think we can all have fun trying all of our Field Day activities on our own. Below is a list of our Field Day activities, and how you can do them at home. I hope you are able to get outside next week, and hopefully we'll have some nice weather!

***Cornhole

- If you have cornhole boards at home you can get them out and toss some bean bags! Challenge someone in your family to a game of cornhole.
- Remember 1 point if you land the bean bag on the board / 3 points if the bean bag goes through the hole.
- If you don't have cornhole boards, a great alternative is to take a large towel / Beach towel and spread it out as much as you can, take a smaller towel (hand towel / dish towel) this could represent the hole on the cornhole board.....make a line about 15 feet away to toss from.....If you do not have bean bags that's not a problem, you can use a balled up sock. This works especially if you can set up the game in a grassy area. Hope this works out for you!

***Basketball

- If you have a basketball hoop that is great, make a line you can shoot behind, ask someone to time you for 30 seconds.....How many shots can you make in 30 seconds??????
- If you don't have a hoop, that's no problem at all.....You can use a bucket, or even a trash can as your hoop. You can shoot tennis balls or even balled up socks work well for this. Make a line to shoot from behind.....Have someone time you for 30 seconds.....How many can you make in 30 seconds????? (Mr. Witt's record is 7 made shots in 30 seconds – I know you can beat that!)

***Jump Rope

- Your challenge is to jump as much as you can for a 10 minute stretch. Of course I don't expect you to jump for 10 minutes straight (Only Mrs. Dearwester could do that)
- Take a break when you get tired, but try to get as many jumps in as you can!
- If you don't have a jump rope.....no problem - - -You can use the "air jump rope".....just pretend you are swinging a jump rope.....kind of like playing the air guitar!

***Softball / Baseball / Tennis Ball / Sock Ball.....THROW

- Use a ball that is safe to throw around your house – Make a line to throw from behind.....throw the ball as far as you can, walk out to where the ball has come to rest, count your steps while you walk to get the ball. However many steps you take to get to the ball is how many points you get! (Mr. Hemelgarn has the record with 51 steps!!!!!!) Way to go Mr. Hemmy!!!

*****50 Yard Dash**

- Try to mark off an area that is 50 yards long (usually about 1 big step is a yard).....If it's not quite 50 yards that's ok, just as long as you have a marked off area.
- Have someone time you; see how fast you can run to the finish line! Give yourself more than 1 try in order to see what your best time can be.
- Mrs. Fitzpatrick holds the Grigsby record for the 50 yard dash.....5.3 seconds!
Great job Mrs. Fitzpatrick!!!!

I hope everyone is able to enjoy some field day activities at home this week! You guys have been great during these crazy times.....All of us teachers at Grigsby miss you guys very much and can't wait to see everyone in the new building next school year!!!!!! Mr. Witt wants all of you to have a great summer!!!!