



Physical Activity Challenge Week Movement Choice Board

Name	
School	Grade
Parent/Guardian Signature	

1. Complete at least **one activity per day** for **5 days** the week of **May 26–30**.

Outdoor Play

- Play outside for 30+ minutes
- Play a backyard or park game
- Create your own obstacle course

Move Your Wheel

- Ride your bike or scooter to school
- Roll (e.g., skate, skateboard) in your neighborhood
- Ride with a friend or family member

Explore Nature

- Go on a nature walk (see webpage)
- Walk your neighborhood's 1-mile loop (see webpage)
- Take a photo of something cool that you found in nature

School Movement

- Walk/run laps at recess
- Join the Walking School Bus (if applicable) or walk to school (if safe)
- Lead a playground game at school

Unplug & Move

- Trade 30 minutes of screen time for play
- Have a dance party or play an active game at home or outside
- Try a new outdoor activity like frisbee, hula hooping or hopscotch

After-School Activities

- Participate in a sport, camp or clinic
- Go to practice or a PE-style class
- Teach someone your favorite movement game

2. Write or draw in each square every time you complete an activity. Try to do every movement choice.

MAY 26 - MONDAY	MAY 27 - TUESDAY	MAY 28 - WEDNESDAY	MAY 29 - THURSDAY	MAY 30 - FRIDAY

3. Turn in this sheet to your classroom teacher at the end of the week.



Scan QR code or visit
beavertonsd.org/PAM
for more information.

