

CARY Challenge Club



What is the CARY Challenge Club?

- **Encourages you to exercise each and every day for 20 minutes or more!**
- **Open to all Carpenter students in grades K-5!**
- **Competing against other grade levels and trying to reach personal and school goals!**

What counts as exercise?

- **Any sport! (Soccer, basketball, cricket, volleyball, gymnastics, karate, etc.)**
- **Anything else where you are using your whole body to move and give physical effort. (Walking, Yoga, Jump rope, hula hooping, playing tag, dancing, etc.)**

Why Should I do the CARY Challenge Club?

- **Enjoy benefits of exercising such as stronger muscles, improved health, reduces stress, better sleep, and more!**
- **To help your grade level get the most exercise minutes!**
- **To earn cool awards!**

How do I Earn an Award?

GOLD-20 minutes of physical activity a day
for at least 50 days (1,000 minutes)

SILVER-20 minutes of physical activity a
day for at least 40 days (800 minutes)

BRONZE-20 minutes of physical activity a
day for at least 30 days (600 minutes)

How do I Record My Exercise Minutes?

- **Go to PE Google Classroom Page. Click on “Classwork” then click on “CARY Challenge Club” on left side of screen.**
- **Then go to current week and click on the form. You can do daily or at end of week but be sure to not forget or the form will close!**

****Directions of how to fill out form are found in the description of each form if needed****

When should I exercise?

- **Whenever you can! Before school, afterschool, and during your lunch/recess break are great!**

What if I don't exercise ALL 5 days of the week?

- **NO PROBLEM! Just record the days you did exercise at least 20 minutes!**

QUESTIONS?

You can email Adam Short at cesrunclub@gmail.com or Coach Finch at efinch@wcpss.net

OR

Go to www.carpenterpta.net/run-club for the latest updates and information!



JOIN CARY IN HIS CHALLENGE!

GET MOVING TODAY!!

