

Name: \_\_\_\_\_

# TRICK OR TREAT PE CHALLENGE

## Ghoul-friends and goblins, it's time to move your bones!

This Halloween, while you're out collecting treats, complete as many spooky movement challenges as you can. Return to your teacher after Halloween for an extra spooky treat!

### Get scared by a person or decoration?

Engage emergency escape mode! Sprint 10 steps like you're running away from a ghost with bad breath.

☐ Challenge Complete!

### Instead of saying "Trick or Treat," say, "I'll squat for sweets!"

Ask your neighbor passing out candy to decide how many squats! Then ask for bonus candy if you do more!

☐ Challenge Complete!

### See a house with flashing lights?

Do 15 jumping jacks and match the energy!

☐ Challenge Complete!

### Get a treat you've never seen before?

Do a "What is this?!" wiggle dance!

☐ Challenge Complete!

### See someone in a superhero costume?

Activate your candy powers! Drop and do 5 push-ups to show off your heroic strength.

☐ Challenge Complete!

### Get a Milky Way?

Space treat acquired! Blast off with 5 star jumps and orbit to the next house!

☐ Challenge Complete!

### Drop a piece of candy?

Candy down! Do a squat to pick it up. Do 9 more for good luck.

☐ Challenge Complete!

### Hear spooky music playing?

Break into a 10-second Monster Mash and perform your best dance moves!

☐ Challenge Complete!

### After your candy bag is full!

Candy haul complete! Time for 10 candy curls. Flex those sweet muscles!

☐ Challenge Complete!

## Congratulations, challenge complete!

Every jump, squat, and sprint helps keep your bones strong and your heart happy!

**GOPHER**