

Week 2 Challenge

1) STEAM-

- Create a chain reaction (rube goldberg machine) that includes objects in your home and lasts at least 10 seconds. Please use things that are not breakable. You don't want to get in trouble with family members:)



Just for fun: If you are interested in more STEM challenges and the chance to win \$100 go to applestemnetwork.com to find out more about different challenges they have each week.

2) Health-

Choose **ONE area of wellness** to set a goal. Follow the **5 day SMART goal** format below. Pick something you like and be creative.

5 Day SMART Goal

Specific: One skill. For Example: Juggling a soccer ball

Measurable: How fast, how many, how much, etc.

Achievable: Think small improvements. 1-5 more pushups than you can do now.

Realistic: Something you can do around the house.

Time bound: Pre-Test, Training, and Post-test in 5 days.

Areas of Wellness Examples:

Physical: 1 minute sit up test, shooting a paper ball into a wastebasket, Doing a dance routine with fewer mistakes. Get ideas from PE list.

Mental: Playing an instrument or singing a song with fewer mistakes, Read more pages in a book in 20 minutes.

Social: Skip this one for now.

Level 1: Pick a skill you can do a pre-test, train once, and do a post test. Reflect what worked well and what would you change.

Level 2: Same as above. Be able to describe how your goal meets each SMART goal criteria. Add more training sessions.

Level 3: Same as above 2. Do some research or ask someone in your house for recommendations on how to train. Then make a plan and a schedule.

3) **Spanish-** Exploring your name and cultural background (Cultural Bag). What is your complete name and the origin of it? What does it represent and where did it come from?

4) Music- Create a music poster in any format, digital or on paper. This can highlight a favorite artist, composer, or song. Include 5 facts. Share an image of your poster with someone else.

Please email me (dietzr@eastmont206.org) if you need help!

5) P.E.- Spell your name using the following chart for a variety of exercises. You can use your full name or a nickname - have fun! Use a different family member's name each day or try to do a friend's name. Feel free to modify any exercises - more or less reps. See if a family member will do a workout with you at least one day this week.

A = 50 Jumping Jacks	N = 25 Burpees
B = 20 Crunches	O = 40 Jumping Jacks
C = 30 Squats	P = 15 Arm Circles
D = 15 Push-ups	Q = 30 Crunches
E = 1min Wall Sit	R = 15 Push-ups
F = 10 Burpees	S = 30 Burpees
G = 20 Arm Circles	T = 15 Squats
H = 20 Squats	U = 30 Arms Circles
I = 30 Jumping Jacks	V = 3min Wall Sit
J = 15 Crunches	W = 20 Burpees
K = 10 Push-ups	X = 60 Jumping Jacks
L = 2min Wall Sit	Y = 10 Crunches
M = 20 Burpees	Z = 20 Push-ups

