


Summer PE Checklist Challenge

Can you complete them all? Check them off throughout the summer!

- ☐ 30 Minute Walk Outside
- ☐ Running through a Sprinkler
- ☐ Draw with Chalk
- ☐ Learn to Play a New Yard Game
- ☐ Jump Yoga Rope
- ☐ Play Kickball
- ☐ Read a Book
- ☐ Watch the Sunrise
- ☐ Help Cook a Meal on a Grill
- ☐ Go Swimming
- ☐ Shoot 20 Basketball Shots
- ☐ Wash the Dishes
- ☐ Find 5 New Poses
- ☐ Go Roller Blading/Scootering
- ☐ Makes S'mores
- ☐ Learn a New Dance
- ☐ Plant a Flower or Vegetables
- ☐ Have a Water Balloon Toss
- ☐ Have a Family Game Night
- ☐ Go on a Hike
- ☐ Build a Campfire
- ☐ Mail a Letter to a Family Member
- ☐ Play Catch With a Frisbee
- ☐ Run a 5k
- ☐ Learn a New Card Game with Your Family
- ☐ Play the Game of Cornhole
- ☐ Ride a Bike
- ☐ Sleep Outside in a Tent, make your own
- ☐ Play Catch With a Football
- ☐ Have a Picnic with Vegetables
- ☐ Make and/or Fly a Kite
- ☐ Play Soccer for 30 Minutes
- ☐ Build a Fort Outside
- ☐ Make Your Bed for 2 Weeks Straight
- ☐ Draw or Paint a Picture
- ☐ Read a Book

EVEN THOUGH WE HAVE MISSED SEEING YOU EVERY DAY,
THIS LIST WILL HELP YOU STAY ACTIVE DURING THE
SUMMER. WE ANTICIPATE THAT YOU WILL HAVE A GREAT
SUMMER! WE WOULD LOVE TO SEE PICTURES OF YOUR FUN
ACTIVITIES THROUGH EMAIL AND THEN LATER MAKE A PHOTO
WALL. 

MR. CONKLIN (gconklin@lwsd.org) MISS HATLEN (khatlen@lwsd.org)