Hey 2nd grade Scientists! Now it is your turn to share your knowledge about energy balance with your family as you get them moving with Challenge #4. Remember that if you and your family complete and return this challenge, you will receive 10 points for your class. These points will be added up and you can check to see how your class is doing compared to the other 2nd grade classes by looking on the ENERGY Meter poster in your pod. Did you notice on the poster, that Energy Buddy is doing different activities and that the more points your class gets the more Energy Buddy moves? Ready, Set, Go...it is time to get Energy Buddy moving!

We Challenge You To...
Get Up and Get Moving!

Challenge: We challenge you to be physically active as a family for at least 60 minutes this week. Organize a family game of volleyball, take a walk, go for a bike ride, play some basketball, or get moving with any other family favorite activity. What are you waiting for? Lace up your tennis shoes, grab a water bottle and get going!

Our family physical activity was...

The names of my family members that participated...

1. What are some of your family’s favorite physical activities?

2. What is one thing that your family could do to be more physically active?

Don’t forget to return this completed sheet to your teacher by the end of next week to get points for your class!