

Physical Education E-Learning Assignment

Register online for Kids Heart Challenge

1/23/26

In a week we will kicked off Kids Heart Challenge, formerly Jump Rope For Heart, during P.E. You will be participating in jump rope activities while raising awareness and money for The American Heart Association. Raising money is optional, but everyone will get to jump rope! More information has been given to your classroom teacher and should have already or will be soon sent home with you.

Your assignment is to follow the steps to register for the event online. Follow the directions below. You will earn your first prize just for registering on the website.

Follow the link below to access our school page directly and click "Sign-Up." Follow the directions from there.

<http://www2.heart.org/goto/WashingtonSTEM>

The link below will walk you through the steps on how to register if you have any issues.

<http://american.heart.org/kidsheartchallenge/for-teachers/online-fundraising-resources/participant-register-online-2.pdf>

Parents, if you DO NOT want your child registered on the website, then have him/her complete the workout on the next page. Those who register DO NOT need to complete the workout.

SPELL IT OUT WORKOUT

“KIDS HEART CHALLENGE”

Complete 30 seconds of each letter in the word above.

A. Pushups

B. Jumping Jacks

C. Crunches

D. Burpees

E. Wall Sits

F. Arm Circles

G. Squats

H. Jumping Jacks

I. Planks

J. Mountain Climbers

K. Crunches

L. Burpees

M. Squat Jumps

N. Pushups

O. Lunges

P. Jog in Place

Q. Jumping Jacks

R. Planks

S. Bicycle Crunches

T. Wall Sits

U. High Knees

V. Squats

W. Jog in Place

X. Mountain Climbers

Y. Jumping Lunges

Z. Crunches

