

Episode #5 RESOURCES

Best Practices for Teaching Health and Physical Education with Physical Distancing in a Virtual Setting

Pizza Challenge

Submitted by

Brian Hull
2020 National and Central District High School Physical Education Teacher of the Year

National Standard(s)

Grade Level Outcome of Performance Indicator

Activity Objective

Students will create a pizza order and select exercises to burn off the calories of the selected menu items.

Grade(s)

High school

Materials

See pages 2-4

Activity Description

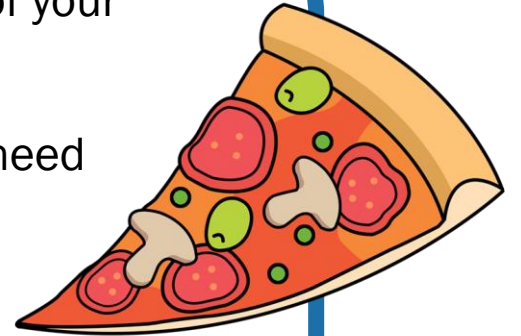
Pizza Challenge

Pizza Challenge

Adapted from a resource created by @MRWEBB_PE

In this activity, you are going to pretend to burn off the calories in the pizza creation of your choice.

- Use the pizza menu (on the next page) to calculate the total calories that you will need to burn off.
- You must include one item from each section to build your pizza creation.
- Each exercise (outlined on page 3) completed is one closer to your goal.



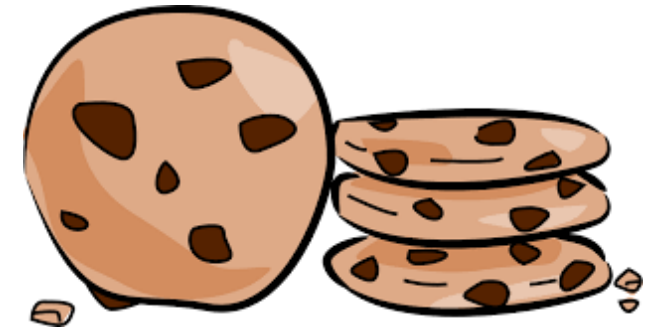
Please note: The calories indicated for the menu and exercises not reflect actual calories for these items. This is intended for fun, illustrative purposes!

Pizza CHALLENGE

Adapted from a resource created by @MRWEBB_PE

PIZZA MENU

Size	Pizza Type	Side	Drink	Dessert
Personal (60)	Mighty Meaty (80)	Garlic Bread (50)	Cola (60)	Cookies (80)
Small (80)	Texas BBQ (80)	Boneless Chicken Strips (60)	Diet Cola (20)	Chocolate Pizza (90)
Medium (100)	Veggie (60)	Potato Wedges (60)	Orange Soda (70)	Cinnamon Sticks (60)
Large (120)	Seafood Delight (70)	Nachos (50)	Lemon-Lime Soda (70)	Ice Cream (100)



Pizza CHALLENGE

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EXERCISE OPTIONS

Exercise	Repetitions/Duration	Calories Burnt Off
Sit Up	15	15
Press Up	10	10
Squats	20	10
Lunges	15	5
V Sits	10	10
Russian Twists	30	15
Star Jumps	20	10
Triceps Dip	10	15
Burpees	15	10
Crunches	10	10
Cardio - Running	5 minutes at a time	20



EXTENSION TASK

Can you burn off my favorite pizza order?

- Large Pizza
- Seafood Delight
- Garlic Bread
- Diet Cola
- Cookies