

BIKE WEEK CHALLENGE



PES' Bike to School Week has evolved this year into our Bike Week Challenge of daily tasks for students of all levels to do during the week of April 14th – April 17th. Students are encouraged to complete the daily challenges below and share their experiences with their PE classes the following week.

TUESDAY APRIL 14TH

- Send a picture or video riding your bike.



WEDNESDAY APRIL 15TH

- Beginner: Bike $\frac{1}{4}$ mile for time. _____
-or-
 Expert: Bike 1 mile for time. _____



THURSDAY APRIL 16TH

- Beginner: How far can you bike in 8 minutes? _____
-or-
 Expert: How far can you bike in 20 minutes? _____



FRIDAY APRIL 17TH

- Beginner: Bike $\frac{1}{4}$ mile for time*. _____
-or-
 Expert: Bike 1 mile for time*. _____



(*MUST beat your time from Wednesday!)