TARGET AUDIENCE

This program is for children who are in 3rd through 8th grade.

SUMMARY

PE Central Challenge, a school-based, physical education (PE) program, is designed to help children attain competency in the National Association for Sport’s physical fitness standards.

EVIDENCE

No peer-reviewed publication evaluating the effectiveness of this program were located.

COMPONENTS

PE Central Challenge encourages children to be physically active and, consequently, more fit and achieve competency in six different challenge tasks:

- Balance shuffle;
- Throw and catch;
- Volley up;
- Jump rope;
- Paddle strike; and
- Hula hoop.

Teachers instruct students in each skill and allow students to improve throughout the school year. The program is intended to be incorporated as one of many components of a PE curriculum in a school setting.

Students receive rewards (i.e., pins) for achieving competence in four or more of the six challenges. Teachers receive a Challenge Tracking Sheet to record students’ progress and encourage students to complete each challenge. Allowing students to practice and learn each task should be the main focus of the program; administering and participating in the fitness tests should be a minor emphasis. Tips are available for teachers to modify the tasks for students with disabilities.

PREVIOUS USE

The PE Central Challenge program started in 1999. In 2010, over 350 schools/teachers participated in the program in the United States, Canada, Cayman Islands, Ethiopia, Philippines, and Spain. Nearly 40,000 students completed the program with over 14,000 earning pins.
PE Central Challenge

TRAINING

No specific training is necessary. The website contains optional resources (i.e., information sheets and videos) to help teachers learn and teach competency in the challenge skills.

CONSIDERATIONS

Considerations for this program include understanding that this program can be implemented in different venues, such as at home, in after-school programs, in YMCAs, and other organizations; appreciating the program teaches six core physical fitness skills and should not be used in a place of a traditional PE program; acknowledging that the program is not to be used to assess a PE program or assign grades to children based on their performance; and recognizing registration fees are required and pins must be purchased.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing PE Central Challenge, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

Time to implement program activities will vary and depend on the teachers’ curriculum. Activities should start by October and end by March to ensure completion during the academic year.

Registration costs $25.00 and includes 30 pins; additional pins are $0.90. Pins may be purchased without registering for $1.35 each. Information on other implementation materials was not located.

EVALUATION PLAN

To move the PE Central Challenge program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months from program completion.

Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact The PE Central Challenge by mail 1995 S Main St., Ste. 902, Blacksburg, VA 24060, phone 1-540-953-1043, email challenge@pecentral.org, or visit www.pecchallenge.org

SOURCE

www.pecchallenge.org