



ARE YOU READY

OCT 5-9

TO
MOVE?

2020



CASCADERIDGEPTSA.ORG

Coyote Challenge FAQ's

What is it? - Cascade Ridge Coyote Challenge

A step challenge that we can all participate in as a school community to see how many steps we can collectively take as a group, also a fun way to get moving and stay active! It's so important now more than ever that we promote a healthy balance of screen time and exercise.

When is it?

October 5-9th

Is this a fundraiser?

Nope! Just a fun fall community event to get people in the school spirit.

Is this the same challenge as Step up for kids this Fall through ISF?

It isn't the same challenge but you can count your step total towards ISF's challenge!

Will I receive anything?

All students will receive a pedometer so they can track their steps. If steps can not be taken, or families feel more comfortable, they can track the distance they have walked, run, or rolled so that everyone feels included. At the end of the week we will be able to see how awesome it is when our school works together.

All final step counts can be submitted to coyotechallenge@cascaderidgeptsa.org at the end of the week.

Is there a class competition or prizes for the most steps?

No, this is truly a way to challenge yourself to be more active. No need for prizes or competition.

Pedometer pick up

You can pick up your pedometer September 30th-October 2nd in front of Cascade ridge. There is a box near the front door. This will be self-serve, so come when you are able. Please remember to take one per student as there are only enough for Cascade Ridge students.

