

# SHELTON BULLDOGS



## P.E. "DAWGS" BINGO # 1



<b>D</b>	<b>A</b>	<b>W</b>	<b>G</b>	<b>S</b>
20 Jumping Jacks 20 Sit-Ups 20 Push-Ups	Ride Bike For @ Least 15 Minutes	Play a Yard Game of Your Choice For @ Least 20 Minutes	Jump On Your Scooter - Skates - Roller Blades For 15-20 Minutes	40 Lateral Line Jumps 40 Crunches 40 High Knees
Learn A New Dance From <b>Zumba Kids</b> From YouTube	25 Wall Touches 25 Mountain Climbers 25 Arm Punches	5 Planks Of @ Least 15-30 Seconds Each	Jog/Run for 5-10 Consecutive Minutes	Complete A <b>Cosmic Yoga</b> Session From YouTube
30 Second Crab Walk 40 Second Bear Crawl 50 Second Skip 60 Second Jog	Get The <b>Hy-Vee Kids Fit App</b> And Work On It For 20 Minutes	<b>FREE SPOT</b>	Stretch For @ Least 10 Minutes	Play Catch With A Family Member For @ Least 20 Minutes
Invent A New Inside or Outside Game Using A Ball	Go On A Walk For @ Least 15-20 Minutes	Complete A <b>Health Works!</b> <b>Youth Fitness</b> Video	Shoot 100 Basketball Shots On Your Hoop	Create A Dance Routine To Your Favorite Song (Get Family Involved)
Play Outside In Your Yard For @ Least 30 Minutes	Dance To @ Least 5 Entire Songs	30 Front Lunges 30 Side Lunges 30 Second Wall-Sit	15 Burpees 15 Push-Ups 15 Squat Jumps	Try a New Sport or Outdoor Activity You Normally Don't Play For 30 Minutes

**DISCLAIMER:** ALL ACTIVITIES SHOULD BE DONE W/ PARENTAL/GUARDIAN CONSENT AND W/ SUPERVISION. THESE ACTIVITIES ARE INTENDED FOR A "PER HOUSEHOLD" USE. KIDS SHOULD **NOT** BE GATHERING TO COMPLETE. PERFORM WITH YOUR FAMILY ONLY.

**Cosmic Yoga:** <https://www.youtube.com/user/CosmicKidsYoga>

**Zumba Kids:** [https://www.youtube.com/channel/UCOjZigyo\\_fg2V7JdGwePSwg](https://www.youtube.com/channel/UCOjZigyo_fg2V7JdGwePSwg)

**Health Works! Youth Fitness:** [https://www.youtube.com/playlist?list=PLi-7CrjHWbqicvpg\\_NC8N7RVCnrRAMnmV](https://www.youtube.com/playlist?list=PLi-7CrjHWbqicvpg_NC8N7RVCnrRAMnmV)

**Hy-Vee Kids Fit App:** Feel free to search for it in the App store and get after it!

Take photos of your students completing challenges and they could end up on a collage on our Shelton FB Page.  
Email to [mwalter@sheltonbulldogs.org](mailto:mwalter@sheltonbulldogs.org).