



SHELTON BULLDOGS

	P.E. "DAWGS" BINGO #2			
D	A	W	G	S
CORE WORK	GET UP, GET MOVING	OUT OF THE HOUSE	NO "COMFORT" ZONE	ONLINE TIME
PLANK TIME: 3 Planks Of @ Least 45 Seconds	Roaring 20's: 20 Second Wall-Sit 20 Front Kicks 20 High Knees	Go For A Walk Shoot Hoops Play Catch Total Of 60 Minutes	Vacuum Your House While Listening & Dancing To Music	Check out the OPEN Active Home Site and Use It
CRUNCH TIME: 200 Crunches	Thriving 30's: 30 Squat Jumps 30 Burpees 30 Jumping Jacks	Jump Rope - Hula Hoop -Line Jumps - -Agility Ladder- For 20 Minutes	Run @ Least 100 Stairs Inside Your House Or Outside Your House	Learn A New Dance From Zumba Kids From YouTube
SIT-UP TIME: 100 Sit-Ups	Fabulous 40's: 40 Push-Ups 40 Second Plank 40 Front Punches	FREE SPOT	Dust Around Your House While Listening & Dancing To Music	Get The Hy-Vee Kids Fit App And Work On It For 20 Minutes
MT. CLIMBERS: 300 Mountain Climbers	Ferocious 50's: 50 Second Wall-Sit 50 Front Lunges 50 Squats	Play a Yard Game of Your Choice For @ Least 40 Minutes	Walk/Jog 50 Laps Around Your House	Complete A Health Works! Youth Fitness Video
COMBO: 100 Crunches 100 Sit-Ups 100 Mountain Climbers 1 Minute Plank	Done In 60 Seconds: 60 Second Plank 60 Second Jumping Jacks 60 Second Skaters	Ride Bike For A Total Of 20 Minutes In A Day	Do The Dishes While Listening & Dancing To Music	Complete A Cosmic Yoga Session From YouTube
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.				
<p>Cosmic Yoga: https://www.youtube.com/user/CosmicKidsYoga</p> <p>Zumba Kids: https://www.youtube.com/channel/UCOjZigyo_fg2V7JdGwePSwg</p> <p>Health Works! Youth Fitness: https://www.youtube.com/playlist?list=PLi-7CrjHWbqicvpg_NC8N7RVCnrRAMnmV</p> <p>AHA Heart Heros: https://www2.heart.org/site/SPageServer?pagename=khc_resources_heart_hero_games</p> <p>Hy-Vee Kids Fit App: Feel free to search for it in the App store and get after it!</p> <p>OPEN Active Home: https://openphysed.org/activeschools/activehome</p>				
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 .				