

# SHELTON BULLDOGS

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	P.E. "DAWGS" BINGO #3			
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<b>THE OUTSIDE ABIDES</b>	<b>ONLINE TIME</b>	<b>DANCE PARTY</b>	<b>RANDOM FANDOM</b>	<b>CORE CHORE</b>
Play Tag or Hide & Seek For 30 Minutes	Complete A <b>Cosmic Yoga</b> Session From YouTube	DANCE TO 5 SONGS FROM THE 1980'S	Do House Chores For A Total Of 45 Minutes While Listening/Dancing To Music	ONE-HUNDRED: 100 Crunches 100 Toe Touches 100 Hip Raises
Walk Or Run Or Combo For @ Least 30 Minutes	Complete A <b>Health Works! Youth Fitness</b> Video	CREATE-A-DANCE TO A SONG FROM THE 2000'S	Play Any Board Game & When You Lose At Any Point Do 5-10 Push-Ups	PLANK TIME: 30 Second Left Side 30 Second Right Side 1 Minute Regular
Ride Your Bike Ride Your Scooter Skate/Roller Blade Combined For 30 Minutes	Use <b>OPEN Active Home</b> For @ Least 20 Minutes	<b>FREE SPOT</b>	Tumbling: (Parent Approval) Front/Back Rolls, Tripod, Headstand, Handstand, Cartwheels, Round-Offs = 30 Minutes	COMBO #1: 100 Flutter Kicks 115 Bicycle 50 V-Crunches
Use Sidewalk Chalk Create Agility Ladder Go Through It For 15 Minutes	Learn A New Dance From <b>Zumba Kids</b> From YouTube	DANCE TO 6 DIFFERENT SONGS	Help Around The House: Vacuum, Dishes, Dusting, Laundry While Listening/Dancing To Music	TWO-HUNDRED: 200 Sit-Ups 200 Side Crunches 200 Russian Twists
Play Basketball Play Catch Combined For 45 Minutes	Get The <b>Hy-Vee Kids Fit App</b> And Work On It For 20 Minutes	AIR GUITAR AIR DRUM AIR PIANO AIR SAXOPHONE TO THREE ROCK SONGS	Teach Your Parents A New Dance From YouTube/TikTok	COMBO #2: 200 Mountain Climbers 50 Plank Toe Touches 20 Right Side Plank Dips 20 Left Side Plank Dips
<p><b>DISCLAIMER:</b> ALL ACTIVITIES SHOULD BE DONE W/ PARENTAL/GUARDIAN CONSENT AND W/ SUPERVISION. THESE ACTIVITIES ARE INTENDED FOR A "PER HOUSEHOLD" USE. KIDS SHOULD <b>NOT</b> BE GATHERING TO COMPLETE. PERFORM WITH YOUR FAMILY ONLY.</p>				
<p><b>Cosmic Yoga:</b> <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>  <b>Zumba Kids:</b> <a href="https://www.youtube.com/channel/UCOjZigyo_fg2V7JdGwePSwg">https://www.youtube.com/channel/UCOjZigyo_fg2V7JdGwePSwg</a>  <b>Health Works! Youth Fitness:</b> <a href="https://www.youtube.com/playlist?list=PLi-7CrjHWbqicvpg_NC8N7RVCnrRAMnmW">https://www.youtube.com/playlist?list=PLi-7CrjHWbqicvpg_NC8N7RVCnrRAMnmW</a>  <b>AHA Heart Heros:</b> <a href="https://www2.heart.org/site/SPageServer?pagename=khc_resources_heart_hero_games">https://www2.heart.org/site/SPageServer?pagename=khc_resources_heart_hero_games</a>  <b>Hy-Vee Kids Fit App:</b> Feel free to search for it in the App store and get after it!  <b>OPEN Active Home:</b> <a href="https://openphysed.org/activeschools/activehome">https://openphysed.org/activeschools/activehome</a></p>				
<p>Take photos of your students completing challenges and they could end up on a collage on our Shelton FB Page.            Email to <a href="mailto:mwalter@sheltonbulldogs.org">mwalter@sheltonbulldogs.org</a>.</p>				