



# SHELTON BULLDOGS

<b>SHELTON BULLDOGS</b>				
	<b>P.E. "DAWGS" BINGO #4</b>			
<u>D</u>	<u>A</u>	<u>W</u>	<u>G</u>	<u>S</u>
<b>GET UP! GET OUT!</b>	<b>EYES ONLINE</b>	<b>CORE FOR SHORE</b>	<b>TUMBLE RUMBLE:</b>	<b>GAME TIME ±</b>
Run A Total Of @ Least 14 City Blocks OR 7 Pole Lengths	Learn A New Dance From <b>Zumba Kids</b> From YouTube	ALTERNATING: 50 Crunches 100 Mt. Climbers 50 Crunches 100 Mt. Climbers	STRETCHING: Stretch & Warm-Up For 15 Minutes	<ol style="list-style-type: none"> <li>1. Play A Board Game</li> <li>2. Dance Break Every 10 Minutes</li> <li>3. Repeat</li> </ol>
LINE JUMPS: 50 Lateral 50 Vertical 50 Lateral W/ Butt Hits 30 Heisman	Find A New Dance on <b>YouTube</b> & Learn It. Teach It To A Family Member	TIMED: 1 Min. - Sit-Ups 1 Min. - Toe Touches 1 Min. - Russian Twists	STATIONARY: (Parental Consent) Kickstand, Bridge, Tripod, Headstand	<ol style="list-style-type: none"> <li>1. Rock - Paper - Scissors Tournament</li> <li>2. 1st To 10 Wins</li> <li>3. Winner Chooses Exercise Punishment</li> </ol>
Any Activity Played Outside For At Least 30-45 Minutes	Get The <b>Hy-Vee Kids Fit App</b> And Work On It For 20 Minutes	<b>FREE SPOT</b>	ON THE MOVE #1: (Parental Consent) Front & Back Roll Cartwheel & Round-Off	<ol style="list-style-type: none"> <li>1. Hangman Fitness</li> <li>2. Only 6 Body Parts (Head, Body, Legs, Arms)</li> <li>3. Every Missed Letter = 5 Push-Ups</li> <li>4. Lose Game = 50 Jumping Jacks</li> </ol>
Go On A Walk Of At Least 30 Minutes	Complete A <b>Health Works! Youth Fitness</b> Video	PLANKS: Right Side - 45 Seconds Left Side - 45 Seconds Regular - 1 Min., 15 Sec.	Complete A <b>Cosmic Yoga</b> Session From YouTube	<ol style="list-style-type: none"> <li>1. Tic-Tac-Toe Tournament</li> <li>2. 1st to 5 Wins</li> <li>3. Winner Chooses Exercise Punishment</li> </ol>
Tag - Hide & Seek Duck, Duck, Goose Hop Skotch Total Of 45 Minutes	Read An Article Via <b>AHA Heart Heroes</b>	COMBO: 1 Min. Plank 100 Crunches 125 Bicycle	Teach Your Parents A New Dance From YouTube/TikTok	<ol style="list-style-type: none"> <li>1. Video Game</li> <li>2. Push-Up/Sit-Up Break Every 10 Min.</li> <li>3. Repeat</li> </ol>
<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.				
<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_NC8N7RVCnrRAMnmV">https://www.youtube.com/playlist?list=PLi-7CrjHWbqicvpg_NC8N7RVCnrRAMnmV</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>				
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> .				