



SHELTON BULLDOGS

	P.E. "DAWGS" BINGO # 5			
<i>D</i>	<i>A</i>	<i>W</i>	<i>G</i>	<i>S</i>
RANDOMNESS	GET @ IT!	YOU'RE COOKIN'	OUTSIDE, NOW!	GOT HEALTH?
Cup Stacking: Get A Group Of Cups And Get Your Cup Stacking On For 20+ Minutes	Core Work: 1 Minute Plank 100 Crunches 50 Mt. Climbers	Meal Plan W/ Your Family For @ Least Two Days	Yardwork: Pick Up Sticks, Pull Weeds Rake Leaves	There Are 206 Bones In The Human Body - Learn 20
Hot Lava: Play An Intense Game Of Hot Lava - Don't Touch The Ground	Squat Challenge: Do As Many Squats As You Can In - 30 Seconds - - 60 Seconds -	Help Your Parents Cook @ Least One Of Your Meals Throughout The Day	Play Outside For @ Least 60 Minutes In A Single Day	Put Together A List Of 7 Fruits You Are Willing To Put On Your Plate - Hang On Your Refrigerator
Talent Show: Put Together And Put On A Talent Show For Your Family	Burpee Challenge: # of Burpees In A - 30 Seconds - - 60 Seconds -	FREE SPOT	Unique Activities: Frisbee, Croquet, Kickball, Scoops, Badminton = 30 Minutes	Muscle Up (Study): Gluteus Maximus, Stapedius, Soleus, Hamstring, Heart, Sartorius
Lip Sync Contest: Choose A Song And Lip Sync It Up In Front Of Your Family	Combo: 100 Jumping Jacks 50 Sit-Ups 50 Lunges	Find A Healthy Snack Recipe And Help Make It	Walk Or Run For A Total Of 30 Minutes In A Day	Visit kidshealth.org And Study a New Body Part
Create Your Own Physical Fitness Memory Game	Wall-Sit Challenge: How Long Can You Keep A Wall-Sit? 90 Degree Legs Hands Out Or On Head	Eat @ Least One Fruit or Vegetable For Lunch & Supper For A Full Week	Create A New Game Outside Using Equipment You Already Have	Put Together A List Of 7 Vegetables You Are Willing To Put On Your Plate - Hang On Your Refrigerator
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 Health Works! Youth Fitness: https://www.youtube.com/playlist?list=PLi-7CrjHWbqicvpg_NC8N7RVCnrRAMnmV AHA Heart Heroes: https://www2.heart.org/site/SPageServer?pagename=khc_resources_heart_hero_games Hy-Vee Kids Fit App: Feel free to search for it in the App store and get after it! OPEN Active Home: https://openphysed.org/activeschools/activehome Kids Health: https://kidshealth.org/				
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 .				