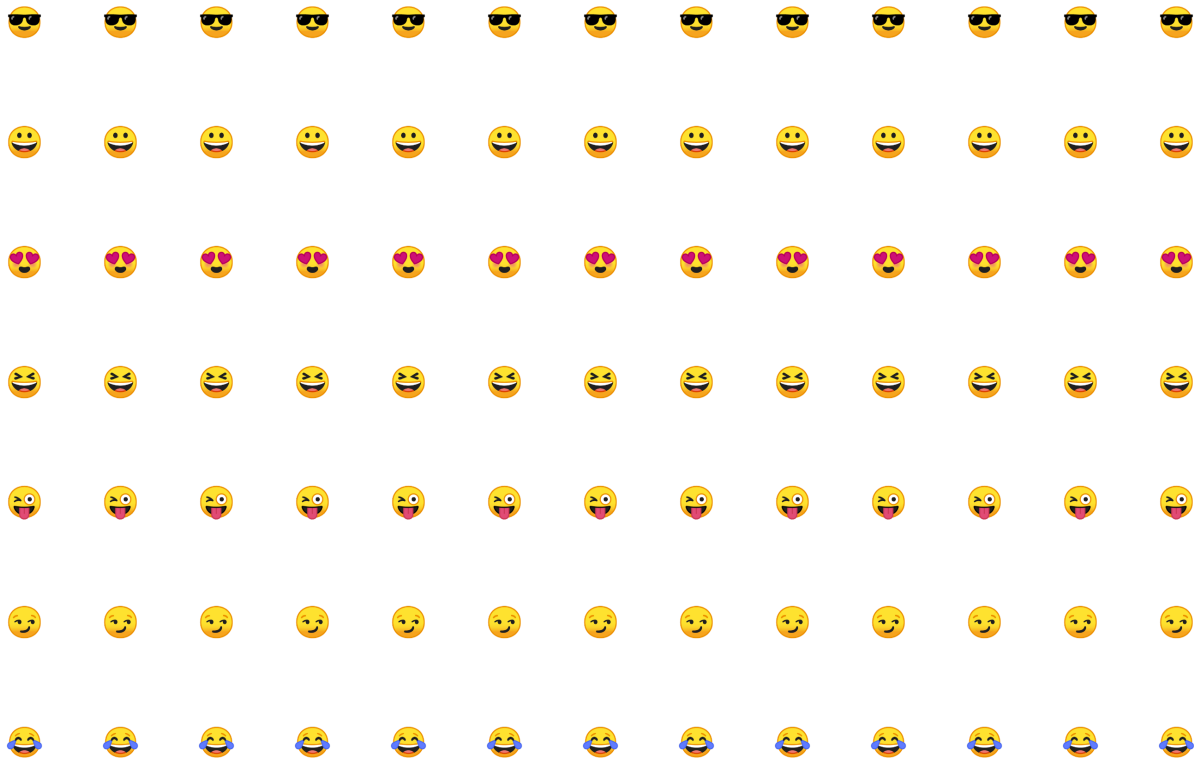


# SHELTON PHYSICAL EDUCATION

## DAWG EMOJI DOT

**Directions:** Each person gets a chance to put one line, from emoticon to emoticon, per turn, unless you complete a square. If you complete a square, you now have the opportunity to make one more line. This means, every square completed gives you an extra turn, which means you may be able to complete several squares at one time. Once a square is completed, please put your initials in that square. With this being the case, choose wisely where you draw your lines.



### **EXERCISES:**

- # of Squares completed in one turn=Give the exercise to your opponent.
- Add up total squares in the end=WINNER & Choose an exercise to give.

- |                 |                    |                   |
|-----------------|--------------------|-------------------|
| 1. PUSH-UP      | 8. LAT. LINE JUMP  | 15. SIDE LUNGES   |
| 2. BURPEES      | 9. VERT. LINE JUMP | 16. ARM PUNCHES   |
| 3. SIT-UPS      | 10. HIGH-KNEES     | 17. FRONT KICKS   |
| 4. SQUAT JUMPS  | 11. BUTT KICKS     | 18. BICYCLE       |
| 5. FRONT LUNGES | 12. RUSSIAN TWISTS | 19. FROG HOPS     |
| 6. SQUATS       | 13. TOE TOUCHES    | 20. WALL TOUCHES  |
| 7. MT. CLIMBERS | 14. CRUNCHES       | 21. JUMPING JACKS |