WHAT’S UP YOUNG EAGLES?
I'M DOM PERONI FROM THE MOREHEAD STATE BASEBALL TEAM.
I WANT TO SHARE SOME WAYS FOR YOU TO STAY ACTIVE WHILE YOU ARE OUT OF SCHOOL.

1. PLAY CATCH WITH A FOAM BALL
2. HAVE A LONG JUMP COMPETITION
3. PLAY SOME INDOOR HOCKEY – USE BALLOONS AND POOL NOODLES
4. POPCORN PUSHUPS – SET A BOWL OF POPCORN ON THE FLOOR. LOWER YOURSELF DOWN AND SEE HOW MANY PIECES OF POPCORN YOU CAN GET WITH YOUR TONGUE.
5. JUMP ROPE – SEE IF YOU CAN DO IT ON ONE FOOT

WHAT’S UP YOUNG EAGLES?
I'M BRYCE HENSON FROM THE MOREHEAD STATE BASEBALL TEAM.
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I'M CORY CONWAY FROM THE MOREHEAD STATE BASEBALL TEAM.
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5. JUMP ROPE – SEE IF YOU CAN DO IT ON ONE FOOT

WHAT’S UP YOUNG EAGLES?
I'M STEPHEN HILL FROM THE MOREHEAD STATE BASEBALL TEAM.
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WHAT’S UP YOUNG EAGLES?
I’M JORDAN WALKER FROM THE MOREHEAD STATE MEN’S BASKETBALL TEAM.
I WANT TO SHARE SOME WAYS FOR YOU TO STAY ACTIVE WHILE YOU ARE OUT OF SCHOOL.

1. PLAY INDOOR BASKETBALL WITH LAUNDRY BASKETS OR BUCKETS
2. PLAY A GAME OF HORSE OR SEE WHO CAN MAKE THE FARthest SHOT
3. CREATE AN OBSTACLE COURSE – USE ANYTHING YOU CAN FIND THROUGHOUT YOUR HOUSE
4. ENJOY A GAME OF SIMON SAYS
5. ACTIVITY STATIONS – YOU CAN DO JUMPING JACKS AND PUSH UPS – ANYTHING TO BE MOVING

WHAT’S UP YOUNG EAGLES?
I’M DJIMON HENSON FROM THE MOREHEAD STATE MEN’S BASKETBALL TEAM.
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I’M TA’LON COOPER FROM THE MOREHEAD STATE MEN’S BASKETBALL TEAM.
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I’M TYZHAUN CLAUDE FROM THE MOREHEAD STATE MEN’S BASKETBALL TEAM.
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WHAT’S UP YOUNG EAGLES?
I’m Garrett Watts from the Morehead State Cross Country Team.
I want to share some ways for you to stay active while you are out of school.

1. Animal races – hop like a bunny or waddle like a duck and see who is fastest
2. Plan a walk each day after dinner and keep track on everyone’s steps on a chart
3. Play tag
4. Make paper airplanes and see how far you can throw them – make it a competition
5. Red Light – Green Light

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I’m Jarrett Mattingly from the Morehead State Cross Country Team.
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5. Red Light – Green Light

WHAT’S UP YOUNG EAGLES?
I’m Mark Pappas from the Morehead State Football Team.
I want to share some ways for you to stay active while you are out of school.

1. Have a wheel barrel race
2. Popcorn pushups – set a bowl of popcorn on the floor. Lower yourself down and see how many pieces of popcorn you can get with your tongue.
3. Target practice – set up targets with empty water bottles and knock them down with nerf guns or soft objects.
4. Jump rope
5. Create a scavenger hunt

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WHAT’S UP YOUNG EAGLES?
I’m Issiah Aguero from the Morehead State Football Team.
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WHAT’S UP YOUNG EAGLES?

I’m Vaughn Taylor from the Morehead State football team.

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WHAT’S UP YOUNG EAGLES?

I’m Kalen Carson from the Morehead State football team.

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4. Jump rope
5. Create a scavenger hunt

WHAT’S UP YOUNG EAGLES?

I’m Joe Muschong from the Morehead State Men’s Golf team.

I want to share some ways for you to stay active while you are out of school.

1. Mini golf – tape plastic cups to the floor or create tunnels with construction paper. If you don’t have putters use wrapping paper rolls or pool noodles.
2. Plan a walk every day after dinner and keep track of everyone’s steps on a chart.
3. Take a bike ride
4. Read a book out loud with your family
5. Fly a homemade kite

WHAT’S UP YOUNG EAGLES?

I’m Ryan Gillum from the Morehead State Men’s Golf team.

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3. Take a bike ride
4. Read a book out loud with your family
5. Fly a homemade kite
WHAT’S UP YOUNG EAGLES?
I’M COOPER COLLINS FROM THE MOREHEAD STATE MEN’S GOLF TEAM.
I WANT TO SHARE SOME WAYS FOR YOU TO STAY ACTIVE WHILE YOU ARE OUT OF SCHOOL.

1. MINI GOLF – TAPE PLASTIC CUPS TO THE FLOOR OR CREATE TUNNELS WITH CONSTRUCTION PAPER. IF YOU DON’T HAVE PUTTERS USE WRAPPING PAPER ROLLS OR POOL NOODLES.
2. PLAN A WALK EVERY DAY AFTER DINNER AND KEEP TRACK OF EVERYONE’S STEPS ON A CHART
3. TAKE A BIKE RIDE
4. READ A BOOK OUT LOUD WITH YOUR FAMILY
5. FLY A HOMEMADE KITE

WHAT’S UP YOUNG EAGLES?
I’M RYAN HINSON FROM THE MOREHEAD STATE RIFLE TEAM.
I WANT TO SHARE SOME WAYS FOR YOU TO STAY ACTIVE WHILE YOU ARE OUT OF SCHOOL.

1. TARGET PRACTICE – SET UP TARGETS WITH EMPTY WATER BOTTLES OR PAPER TOWEL ROLLS AND KNOCK THEM DOWN WITH NERF GUNS OR SOFT OBJECTS.
2. USE TAPE TO MAKE A “SPIDER WEB” IN THE DOORWAY – SEE HOW MANY THINGS YOU CAN THROW TO STICK
3. DRAW A MAZE IN THE DRIVEWAY AND WALK THROUGH IT
4. BUILD A FORT
5. TRY DOING HEADSTANDS

WHAT’S UP YOUNG EAGLES?
I’M BRYCE WARD FROM THE MOREHEAD STATE RIFLE TEAM.
I WANT TO SHARE SOME WAYS FOR YOU TO STAY ACTIVE WHILE YOU ARE OUT OF SCHOOL.

1. TARGET PRACTICE – SET UP TARGETS WITH EMPTY WATER BOTTLES OR PAPER TOWEL ROLLS AND KNOCK THEM DOWN WITH NERF GUNS OR SOFT OBJECTS.
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4. BUILD A FORT
5. TRY DOING HEADSTANDS

WHAT’S UP YOUNG EAGLES?
I’M GABRIEL BROWN FROM THE MOREHEAD STATE CHEERLEADING TEAM.
I WANT TO SHARE SOME WAYS FOR YOU TO STAY ACTIVE WHILE YOU ARE OUT OF SCHOOL.

1. HULA HOOP – HAVE A COMPETITION TO SEE WHO CAN HOOP THE LONGEST
2. FREEZE DANCE CHALLENGE
3. TRY SOME HEADSTANDS AND CARTWHEELS
4. FOLLOW THE LEADER – MAKE IT ACTIVE WITH SOME JUMPING JACKS AND SIT UPS. YOU CAN PLAY THIS INSIDE OR OUTSIDE
5. PLAN A FAMILY GAME NIGHT
WHAT’S UP YOUNG EAGLES?

I’M JOSH GROGAN FROM THE MOREHEAD STATE TRACK TEAM.
I WANT TO SHARE SOME WAYS FOR YOU TO STAY ACTIVE WHILE YOU ARE OUT OF SCHOOL.

1. RACE YOUR SIBLINGS AND PARENTS – SET UP OBSTACLES AND SEE WHO CAN REACH THE FINISH LINE THE FASTEST.
2. PLAY FREEZE TAG
3. GO AROUND YOUR HOUSE AND FIND OBJECTS THAT START WITH LETTERS OF THE ALPHABET – LIKE APPLE FOR A.
4. HIDE AND SEEK
5. RUN AND JUMP CONTEST – GET A RUNNING START AND SEE HOW FAR YOU CAN JUMP

WHAT’S UP YOUNG EAGLES?

I’M MIKAH BAILEY FROM THE MOREHEAD STATE TRACK TEAM.
I WANT TO SHARE SOME WAYS FOR YOU TO STAY ACTIVE WHILE YOU ARE OUT OF SCHOOL.

1. RACE YOUR SIBLINGS AND PARENTS – SET UP OBSTACLES AND SEE WHO CAN REACH THE FINISH LINE THE FASTEST.
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