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

1. Play Balloon Volleyball
2. Have a Long Jump Competition – see who can jump the farthest
3. ABC Hunt – collect items around the house that start with letters of the alphabet like “A” for apple.
4. Play hide and seek.
5. Clean Up Race – put on a song and see who can clean a room the fastest

I’m Liv Lohmeier from the Morehead State Volleyball Team.
I want to share some ways for you to stay active while you are out of school.

1. Play Balloon Volleyball
2. Have a Long Jump Competition – see who can jump the farthest
3. ABC Hunt – collect items around the house that start with letters of the alphabet like “A” for apple.
4. Play hide and seek.
5. Clean Up Race – put on a song and see who can clean a room the fastest

I’m Margaret Musselman from the Morehead State Beach Volleyball Team.
I want to share some ways for you to stay active while you are out of school.

1. Play Balloon Volleyball
2. Hopscotch
3. Create an Obstacle Course – use hula hoops, tape, couch cushions, stuffed animals – anything you have at home
4. Cut strips of fabric or ribbons and make streamers
5. Set out paper plates or pillows and jump from one to the next to stay out of the hot lava
WHAT'S UP YOUNG EAGLES?
I'M ADELINE NICHOLSON FROM THE MOREHEAD STATE SOFTBALL 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. TAKE A BIKE RIDE
3. READ A BOOK OUT LOUD WITH YOUR FAMILY.
4. USE TAPE TO MAKE A “SPIDER WEB” IN THE DOORWAY – SEE HOW MANY THINGS YOU CAN THROW TO STICK TO IT
5. MAKE PAPER AIRPLANES AND SEE HOW FAR YOU CAN THROW THEM

WHAT'S UP YOUNG EAGLES?
I'M PEPYON SLATER FROM THE MOREHEAD STATE SOFTBALL 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. TAKE A BIKE RIDE
3. READ A BOOK OUT LOUD WITH YOUR FAMILY.
4. USE TAPE TO MAKE A “SPIDER WEB” IN THE DOORWAY – SEE HOW MANY THINGS YOU CAN THROW TO STICK TO IT
5. MAKE PAPER AIRPLANES AND SEE HOW FAR YOU CAN THROW THEM

WHAT'S UP YOUNG EAGLES?
I'M ALEXIS STROTHER FROM THE MOREHEAD STATE SOFTBALL 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. ENJOY A GAME OF SIMON SAYS
4. PARACHUTE – GRAB A BED SHEET AND GET THE WHOLE FAMILY TO MOVE THEIR ARMS UP AND DOWN – PUT SMALL BALLS OR BALLOONS ON TOP AND TRY TO KNOCK THEM OFF
5. JUMP ROPE

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

I’m Breuna Jackson from the Morehead State Women’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. Enjoy a game of Simon Says
4. Parachute – grab a bed sheet and get the whole family to move their arms up and down – put small balls or balloons on top and try to knock them off
5. Jump rope

I'm Ariel Kirkwood from the Morehead State Women’s Basketball team.
I want to share some ways for you to stay active while you are out of school.

WHAT’S UP YOUNG EAGLES?

I'm Gabby Nastasi from the Morehead State Soccer team.
I want to share some ways for you to stay active while you are out of school.

1. Play inside soccer – bring a net inside or use 2 plastic cups for a goal. Use any soft ball to play
2. Play tag
3. Build a fort with your siblings or family
4. Animal races – hop like a bunny or waddle like a duck and see who is the fastest
5. Set up a balance beam and see how long you can stay up

I’m Kayla Landman from the Morehead State Soccer team.
I want to share some ways for you to stay active while you are out of school.
WHAT’S UP YOUNG EAGLES?

I’M NICOLE PALMER FROM THE MOREHEAD STATE SOCCER TEAM.
I WANT TO SHARE SOME WAYS FOR YOU TO STAY ACTIVE WHILE YOU ARE OUT OF SCHOOL.

1. PLAY INSIDE SOCCER – BRING A NET INSIDE OR USE 2 PLASTIC CUPS FOR A GOAL. USE ANY SOFT BALL TO PLAY
2. PLAY TAG
3. BUILT A FORT WITH YOUR SIBLINGS OR FAMILY
4. ANIMAL RACES – HOP LIKE A BUNNY OR WADDLE LIKE A DUCK AND SEE WHO IS THE FASTEST
5. SET UP A BALANCE BEAM AND SEE HOW LONG YOU CAN STAY UP

MOREHEAD STATE

WHAT’S UP YOUNG EAGLES?

I’M ISABELLA WASHKA FROM THE MOREHEAD STATE WOMEN’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. HEADSTANDS ARE ALWAYS FUN
4. PLAY HOUSE
5. HAVE A FAMILY GAME NIGHT

MOREHEAD STATE

WHAT’S UP YOUNG EAGLES?

I’M ELISE ALAAN FROM THE MOREHEAD STATE WOMEN’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. HEADSTANDS ARE ALWAYS FUN
4. PLAY HOUSE
5. HAVE A FAMILY GAME NIGHT

MOREHEAD STATE

WHAT’S UP YOUNG EAGLES?

I’M ALISON CHINN 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 THE FASTEST
2. PLAN A WALK EVERY DAY AFTER DINNER AND KEEP TRACK OF EVERYONE’S STEPS ON A CHART
3. RED LIGHT – GREEN LIGHT
4. CHARADES
5. PUT ON A FASHION SHOW OR A PLAY

MOREHEAD STATE
WHAT’S UP YOUNG EAGLES?

I’M SHELBY WATKINS 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 THE FASTEST
2. PLAN A WALK EVERY DAY AFTER DINNER AND KEEP TRACK OF EVERYONE’S STEPS ON A CHART
3. RED LIGHT – GREEN LIGHT
4. CHARADES
5. PUT ON A FASHION SHOW OR A PLAY

WHAT’S UP YOUNG EAGLES?

I’M TAYLA LEE FROM THE MOREHEAD STATE TRACK 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 THE FASTEST
2. PLAN A WALK EVERY DAY AFTER DINNER AND KEEP TRACK OF EVERYONE’S STEPS ON A CHART
3. READ A BOOK OUT LOUD WITH YOUR FAMILY EACH NIGHT
4. HULA HOOP
5. CREATE AN OBSTACLE COURSE

WHAT’S UP YOUNG EAGLES?

I’M DAKORRIA WINSTED FROM THE MOREHEAD STATE TRACK 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 THE FASTEST
2. PLAN A WALK EVERY DAY AFTER DINNER AND KEEP TRACK OF EVERYONE’S STEPS ON A CHART
3. READ A BOOK OUT LOUD WITH YOUR FAMILY EACH NIGHT
4. HULA HOOP
5. CREATE AN OBSTACLE COURSE

WHAT’S UP YOUNG EAGLES?

I’M RAVEN MARTI 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. DON’T LET THE BALLOON TOUCH THE GROUND
4. SIMON SAYS
5. PARACHUTE – GRAB A BED SHEET AND GET THE WHOLE FAMILY TO MOVE THEIR ARMS UP AND DOWN – PUT SMALL BALLS OR BALLOONS ON TOP AND TRY TO KNOCK THEM OFF
WHAT’S UP YOUNG EAGLES?
I’M ALLIE HULL FROM THE MOREHEAD STATE DANCE TEAM.
I WANT TO SHARE SOME WAYS FOR YOU TO STAY ACTIVE WHILE YOU ARE OUT OF SCHOOL.

1. CHOREOGRAPH A DANCE ROUTINE
2. LEARN A NEW DANCE ONLINE
3. FREEZE DANCE COMPETITION
4. CUT STRIPS OF FABRIC OR USE RIBBONS AND MAKE STREAMERS
5. BOWLING – SET UP A LANE WITH TAPE AND PINS USING PLASTIC BOTTLES. USE ANY TIME OF BALL TO KNOCK DOWN AS MANY PINS AS POSSIBLE.

WHAT’S UP YOUNG EAGLES?
I’M ALEXA POTTS 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. TAKE A BIKE RIDE
4. BUILD A FORT
5. PLAY FOLLOW THE LEADER