



MILEAGE CLUB

WEEK 3

Activity #1 - Scavenger Hunt Run/Walk

On your run or walk see how many items on the attached scavenger hunt list you can spot! This is a fun one to do on a family walk.

Remember to track your mileage for fun!

Activity #2 - SPIRIT WORD OF THE WEEK!

On your gym circuit sheet spell the words

“Northpoint Rocks”

Activity #3 - Mileage, Mileage...Mileage!

Get out and run, walk, bike, rollerblade, scooter, skateboard, or favorite self-propelled way to get around and see how much mileage you can record throughout the week.

Flipgrid code: **wallinga8606**

Use students mypanthers.org email to create account. That info is in campus or ask your teacher.



Post your activities to the Mileage Club flipgrid page and don't forget to comment and cheer on your friends!!

Mileage Club

Scavenger Hunt Run

- something that starts with the first letter of your name
- someone walking a dog
- a birds nest
- purple flowers
- 3 things that are yellow
- a park
- someone on a skateboard
- a trampoline
- a squirrel
- a spider web
- a stop sign
- a bridge
- an acorn
- a bike
- a bench
- an animal print
- a fire hydrant
- an umbrella
- a red house
- a stop sign
- a blue car
- a pool
- someone wearing sunglasses
- a jogger
- a cloud
- a fence
- running sprinklers

Mileage Club

Alphabet Circuit

- A - 10 burpees**
- B - run around the house 3 times**
- C - 1 minute wall sit (or as long as you can)**
- D - 20 mountain climbers**
- E - 20 jumping jacks**
- F - 1 minute plank (or as long as you can)**
- G - 10 lunges**
- H - jump rope for 1 minute**
- I - 10 push ups**
- J - 10 jump squats**
- K - Skip around house 3 times**
- L - 10 sit ups**
- M - run up and down stairs 5 times**
- N - 20 mountain climbers**
- O - bicycle crunches for 1 minute**
- P - run in place for 1 minute**
- Q - 10 squats**
- R - 1 minute plank (or as long as you can)**
- S - 5 cartwheels**
- T - 20 jumping jacks**
- U - 10 sit ups**
- V - 10 squats**
- W - 10 push ups**
- X - balance on one leg as long as you can**
- Y - 20 mountain climbers**
- Z - dribble basketball 20 times**



MILEAGE CLUB

A big THANK YOU to all who participated in this year's PTO sponsored distance learning Mileage Club! The Northpoint PTO and staff enjoyed watching all the fun activities everyone was posting to stay active!

All Northpoint students will receive a Mileage Club toe token participation bracelet. Bracelets will be handed out at a yet to be determined date to comply with current social distancing recommendations.

Stay active and have a great summer!

