

# CAMBRIDGE COUGARS

"GO"



## District or School Events (5 points each)

- Family Fitness Night (10/21)
- Run With The Vikings (11/6)
- PTO Skate Night (3/24)
- Family Walk (6/2)
- Viking Dash (6/9)
- Tour de SB (6/11)

## Local Organized Team Sports and Activities/Classes (5 points each)

- Baseball
- Basketball
- Bowling
- Cricket
- Dance
- Football
- Gymnastics
- Hockey
- Ice-Skating
- Lacrosse
- Martial Arts
- Soccer
- Softball
- Swimming
- Track & Field
- Yoga

**\*Please note:** You will receive 5 points total for your participation in each team sport/organized activity for the year. Please do not count your practices or games towards your points unless you are practicing at home on your own time for a minimum of 20 minutes, which will equal (1) point.

## Indoor/Inclement Activities (1 point each)

- Exercise Video
- GoNoodle.com
- Yoga Video

## Cardiovascular Activities (1 point each)

- Bike Ride
  - Hop Scotch
  - Hula Hoop
  - Ice-Skate
  - Jump Rope
  - Jump Wand
  - Pogo Stick
  - Rockwall Climb
  - Roller Skate
  - Run/Jog
  - Scooter (non-electric)
  - Skateboard/Rip Stick
  - Skip-It
  - Trampoline
  - Walk\*
  - Y-Flicker
- \*Family Walking Program counts!*

## Sports/Games with Family or Friends (1 point each)

- Badminton
- Basketball
- Bocce
- Bowling
- Have a catch
- Cricket
- Football
- Four Square
- Frisbee
- Golf (mini)
- Kickball
- Soccer
- Tag
- Tennis
- Volleyball
- Wiffle Ball

## Water Adventures with Adult Supervision Required (2 points each)

- Canoe
- Kayak
- Paddleboard
- Paddle Boat
- Swim (non-swim team)

## Recreational Style Games (1 point each)

- Paddle Ball
- Kan Jam
- Corn Hole
- Croquet
- Horse Shoes
- Ladder Ball
- Lawn Darts
- Spike Ball
- Washers

## Winter Activities (2 points each)

- Ice-Skating (outdoors)
- Shovel
- Build a Snowman/Fort
- Snow Fort
- Sled
- Snowshoe

## Outdoor Adventures With Your Family (3 Points each)

- Bike at the Beach
  - Bike/Hike D and R Canal
  - Bike/Hike Duke Farms
  - Fitness Course at a local park (ex. Colonial Park)
  - Climb a Lighthouse
  - Hike Holmdel Park Trails
  - Hike Sourland Mountains
  - Hike Thompson Park Trails
  - Hike/Bike ANY State Park Not Listed (please list)
  - Participate in a 5K (other than Run With The Vikings)
  - Ski/Snowboard at a ski mountain
  - A **"Suggested Place To Visit"** from the list Mrs. O'Brien will provide via e-mail to your parents.
- \*Please list adventure location on the point tracker.*

**Please Note:** All activities should be done for a minimum of 20 minutes to receive credit for that activity. You can accumulate multiple points on a given day, if you do each activity for a minimum of 20 minutes. If you participate on a local organized sports team and/or take classes, you will be awarded 5 points TOTAL for the year for each of those activities (not per day, practice, game or class). Please do not count your practices etc. unless you are practicing at home on your own time for a minimum of 20 minutes, in that event you would get 1 point. If you participate in a District or School Based activity, you will receive 5 Points for that activity, please do not add additional points (ex. Run with the Vikings will be worth 5 points, not 6 by adding running or walking). All activities, with the exception of School/District and Local Sports/Activities can be counted more than once. For those students who participate in the Family Walking Program, 1 Point can be awarded for each walk as long as it meets the minimum requirement of 20 minutes. Point Trackers can be found on the Cambridge School Website or by e-mailing Christina.O'Brien@sbschools.org

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