



# Field Day/Spirit Day 2020



## Bruins Up Bear Down Bear Activity

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**Type of Activity:** Individual or Family

**Equipment Needed:**

- ★ A watch, clock or phone timer.

**Directions:**

Since Bruins are bears, we call all of our PE students bears - that's where the name came from :) Simply stand up and sit down in place for 30 seconds to 1 minute. Count how many times you can do it. Challenge your family members or try to beat your own record. It's harder than it sounds! Kids - challenge your parents - This is one that you really have the advantage!!

**Video Link:** <https://youtu.be/jGq98JkMCAE>