



SPIRIT



WEEK ONE

APRIL
20TH-24TH

ALL SOCIAL MEDIA POSTS TAG MR. VANCE & HASHTAG #WEAREVIKING



@PRINCIPAL_VANCE

MONDAY

20TH



THEME:

(Manic Monday):
Name says it all!

CHALLENGE: Plank Challenge 

The plank challenge A very interesting challenge, you have to follow the beats of the song to perform a plank. The number of exercises involved in the challenge simply make it the perfect workout for your abs. Take a video using "Time Lapse". Post to social media and challenge 5 friends

CHALLENGE: Skills Showcase

Is it a feat of strength or a trick shot or another special talent. Take a video and post on social media and share your special skill!



THEME:

TikTok Tuesday:
Make a TikTok video and share!

TUESDAY

21ST

WEDNESDAY

22ND

THEME:



Wellness Wednesday:
Show off how you are trying to stay healthy.

CHALLENGE: Clean up Challenge

In celebration of Earth Day 2020, You are challenged to Clean Up Newport! Take one grocery sized bag+ and fill it with trash from your neighborhood or any other area.

CHALLENGE: Mass Meetup Challenge

Try and get as many friends to join you on a "Meet" or "Zoom" conference. Take a screenshot and post to social media with the number listed!

THEME: Summer Time
Madness
Dress up in your summer best!



THURSDAY

23RD

FRIDAY

24TH

THEME:



Rogers Gear
Black and Red Day





SPiRiT



APRIL 27TH -
MAY 1ST

WEEK TWO

ALL SOCIAL MEDIA POSTS TAG MR. VANCE & HASHTAG #WEAREVIKING



@PRINCIPAL_VANCE

MONDAY

27TH

THEME: Fan Frenzy 

Rock your gear supporting your favorite sports team or athlete! Post on Social Media and share!

CHALLENGE:



Push Up Challenge Viking Style

17 Push Up in a Minute for 60 Minutes. How long can you go? Take a video using "Time Lapse" setting. Post your results to socila media with the minutes listed! Challenge 5 Friends!

CHALLENGE: Make a TikTok Emoji



Challenge Video

Post on social media and tag 5 of your friends to complete your challenge

THEME:

Quarantine Life

Document anything you have done to stay safe. Masks, Gloves, etc....



TUESDAY

28TH

WEDNESDAY
29TH

THEME:



We never really had a winter, but show off your winter gear!

CHALLENGE: Step Challenge 

Using your fitbit, smartphone, smart watch, health app etc. Track how many steps you get in one day. Post pics, screenshots and results to social media. You must show your results on the app you are using! Lets see who can get the most!

CHALLENGE:



#TBT Challenge

Recreate a photo of you from when you were in elementary school or younger. Put them together side by side and post on social media & tag @principal_vance

THEME:

Throwback Thursday

THROWBACK THURSDAY!

How far back can you go? Show off old pics from your school experience!

THURSDAY

30TH

FRIDAY

1ST

THEME:



Rogers Gear
Black and Red Day

