

Physical Education BINGO

Name: _____

Teacher: _____

While at home please work to complete these different activities in order to make a BINGO! Write an answer or initial on the line when you complete the box. Bonus: Add in some cardio! Before you choose new squares, jog in place for 1 minute!

<p style="text-align: center;">B</p> <p style="text-align: center;">Be ready for an adventure</p>	<p style="text-align: center;">I</p> <p style="text-align: center;">Indoor Activities</p>	<p style="text-align: center;">N</p> <p style="text-align: center;">Need for Speed</p>	<p style="text-align: center;">G</p> <p style="text-align: center;">Getting off the couch</p>	<p style="text-align: center;">O</p> <p style="text-align: center;">Outdoor Activities</p>
<p>How many stairs are in your home?</p> <p>_____</p>	<p>Stretch your body. Holding each stretch for a count of 20</p> <p>_____</p>	<p>How fast can you crab walk from one side of your home to the other?</p> <p>_____</p>	<p>Have a family plank contest.</p> <p>_____</p>	<p>Play wall ball.</p> <p>_____</p>
<p>Take a nature hike around your neighborhood. (What did you notice?)</p> <p>_____</p>	<p>Do a breathing activity provided by your teacher.</p> <p>_____</p>	<p>How fast can you run a lap around your home?</p> <p>_____</p>	<p>Teach your family one thing that you have learned in P.E.</p> <p>_____</p>	<p>Coordinate a 2 minute dance using Tik Tok moves.</p> <p>_____</p>
<p>How many steps does it take to walk around your home?</p> <p>_____</p>	<p>Do a stair workout for 10 minutes.</p> <p>_____</p>	<p>FREE SPACE</p>	<p>Do 10 squat jumps for every 30 minutes of screen time.</p> <p>_____</p>	<p>Run 1 lap around your house for every letter in your name.</p> <p>_____</p>
<p>Do push ups during one commercial set</p> <p>_____</p>	<p>Jog in place for 1 minute for every 20 minutes of screen time.</p> <p>_____</p>	<p>Have a race to find the fastest person in your family.</p> <p>_____</p>	<p>Dance to your favorite song.</p> <p>_____</p>	<p>Create a game and teach it to your family.</p> <p>_____</p>
<p>Do sit ups during one commercial set</p> <p>_____</p>	<p>How many walking lunges can you do in your home?</p> <p>_____</p>	<p>How fast can you clean up your room?</p> <p>_____</p>	<p>Have a family push up contest.</p> <p>_____</p>	<p>Do your favorite physical activity outside.</p> <p>_____</p>