**PE BINGO**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**\_

While at home, 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!

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| **B****Be ready for** **A challenge**  | **I****Indoor activities** | **N****Need for Speed** | **G****Getting off** **the couch** | **O****Outdoor Activities** |
| Tightrope walk:Find a line or a rope you can walk on. Balance a book or pillow on your head and walk without dropping it. Repeat for 3 mins.\_\_\_\_\_\_\_\_\_\_ | Play Rock, Paper, Scissors with a family member.\_\_\_\_\_\_\_ | Stand in a boxing pose. Throw imaginary punches, using both arms. How many can you do in 1 minute?\_\_\_\_\_\_\_\_\_\_ | Have a family plank contest. See who can hold it the longest!\_\_\_\_\_\_\_\_\_\_\_ | See how far you can jump in 5 tries.\_\_\_\_\_\_\_\_\_\_ |
| Move through your house like your favorite animal. \_\_\_\_\_\_\_\_\_\_ | Do apple poppers for every letter of the alphabet.\_\_\_\_\_\_\_\_\_\_ | How fast can you skip to get the mail?\_\_\_\_\_\_\_\_\_\_ | See how long you can balance on one leg. Try the other leg. \_\_\_\_\_\_\_\_\_\_ | Hop from your car to your house.\_\_\_\_\_\_\_\_\_\_ |
| Jumping Jacks: Do as many as you can in 1 minute.\_\_\_\_\_\_\_\_\_\_ | Jump in and out of a room in your house while counting to 10\_\_\_\_\_\_\_\_\_\_ | FREE SPACE | Using your stairs or a step outside, step up and down for 30 secs. One min rest and repeat 3 times. \_\_\_\_\_\_\_\_\_\_ | Jump rope or hula hoop as long as you can. No rope or hoop? Pretend!\_\_\_\_\_\_\_\_\_\_ |
| Jog in one spot for 30 seconds in every room of your house.\_\_\_\_\_\_\_\_\_ | Do jumping jacks during 3 different commercials on TV.\_\_\_\_\_\_\_\_\_\_ | Have a race to find the fastest person in your family.\_\_\_\_\_\_\_\_\_\_ | Dance to your favorite song. \_\_\_\_\_\_\_\_\_\_ | Throw a ball to yourself or someone else and catch it 20 times.\_\_\_\_\_\_\_\_\_\_ |
| Take a walk around your neighborhood.\_\_\_\_\_\_\_\_\_\_ | Help clean the dishes after a meal.\_\_\_\_\_\_\_\_\_\_ | How fast can you clean up your room?\_\_\_\_\_\_\_\_\_\_ | Have a family invisible chair contest. See who can “sit” the longest!\_\_\_\_\_\_\_\_\_\_ | Go outside and look at the clouds. Do they look like anything?\_\_\_\_\_\_\_\_\_ |