**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?  \_\_\_\_\_\_\_\_\_ |