

## PE Bingo!

How many bingos can you get? Do a square or 2 a day! Can you get a blackout by the end of this break? Keep your body healthy by staying active! \*\*Feel free to replace an activity with another if you feel you are unable to do it or do not have what you need.

B	I	N	G	O
Create an obstacle course in your house using whatever you wish!	Do 20 arm circles forward and 20 arm circles backwards.	Go for a walk outside if possible or around your house for 15 minutes	Help prepare a meal. (stir a pot, butter some bread, set the table, and/or clean up)	Do 10 jumping jacks in each room of your house.
Run around your house 5 times.	Sing your ABC's while standing on one foot.	Sit-up challenge-How many sit-ups can you do in a minute?	Help with a load of laundry including folding and putting it all away.	Draw a picture of your favorite exercise and do it 50 times.
Build a blanket fort in your living room, using furniture and blankets, read a book in it.	Place any item on the floor and jump over it 30 times.	Free Space-Do an activity of your choice.	Count how many rolls of toilet paper you have in your house. Do that many squats!	Play a game with your family members. (card game, board game or a sport)
Toss a stuffed animal or ball to yourself during a commercial. How many catches can you make before your show comes back on?	Play rock, paper, scissors with a family member for at least 10 minutes. Win-dance for 10 seconds Lose-do 10 push-ups Tie-walk like a crab to another room and back	Bowling with random items- Use anything you have(water or pop bottles, toilet paper rolls, boxes, etc.) and use a ball to bowl in your house.	Do 10 jumps with or without a jump rope for every year you are old. (ex. 8 yrs old-80 jumps)	Avoid technology for an hour and just play. No TV, cellphones, video games, etc.
Clean your room!	Play a game of tag outside with some family members.	Read a book while marching in place.	Push-up Challenge-How many push-ups can you do in a minute?	Play dodgeball with your family with balled up socks for 10 minutes.