



# Elementary Physical Education

Complete at least one game each day you do PE. After you complete the activity you can mark it with an X.

| B  | I   | N   | G   | O  |
|--|---|---|---|--|
| Jump forward and backward 25 times                         | Jump side to side 25 times  | Climb the Plank Ladder<br>10 seconds high planks<br>20 seconds shoulder tap<br>30 seconds plank jacks | Create a healthy menu for one day<br>Include 3 meals              | Curl-ups<br>Do 2 sets of 15  |
| List 3 healthy snacks that you like                        | Alternate Leg Lifts 20 times  | Jog in place<br>Count in multiples of 2 up to 50  | Hop on your left foot 10 times<br>Hop on your right foot 10 times | Windmills<br>Touch each foot 10 times with opposite hand               |
| Do 20 squats using good form                               | Do 10 push-ups straight leg or on knees                                   | Free Space<br>Name:<br>HR:  | Wall Sit<br>Count to 30   | Butterfly Stretch<br>Count to 30 using odd numbers 1-3-5-7-etc...      |
| Crab walk around the house – count to 15                   | Keep a journal of how many cups (8 ounces) of water you drink in one day. | Jumping Jacks 25 times  | 20 Frog jumps   | Giant Arm Circles<br>20 straight arm giant arm circles going backwards |
| Arm Circles<br>20 straight arm small circles going forward | Lunge Stretch<br>Count to 10 for each leg                                 | Do 20 Burpees   | Bear Walk around the house – count to 100 by 5's                  | Draw a picture of yourself doing your favorite physical activity       |

How many different types of BINGO can you do?

Regular Bingo

|   |   |   |   |   |
|---|---|---|---|---|
|   |   |   |   |   |
| X |   |   |   |   |
|   | X |   |   |   |
|   |   | X |   |   |
|   |   |   | X |   |
|   |   |   |   | X |

4 Corners

|   |  |  |  |   |
|---|--|--|--|---|
|   |  |  |  |   |
| X |  |  |  | X |
|   |  |  |  |   |
|   |  |  |  |   |
|   |  |  |  |   |
| X |  |  |  | X |

X Double Bingo

|   |   |   |   |   |
|---|---|---|---|---|
| X |   |   |   | X |
|   | X |   |   |   |
|   |   | X |   |   |
|   |   |   | X |   |
|   |   |   |   | X |
| X |   |   |   | X |

Vertical Bingo

|   |   |  |   |   |
|---|---|--|---|---|
| a | X |  | S | O |
| a | X |  | S | O |
| a | X |  | S | O |
| a | X |  | S | O |
| a | X |  | S | O |
| a | X |  | S | O |

Horizontal Bingo

|   |   |   |   |   |
|---|---|---|---|---|
| X | X | X | X | X |
| O | O | O | O | O |
|   |   |   |   |   |
| a | a | a | a | a |
| S | S | S | S | S |

Postage Stamp Bingo

|   |   |  |   |   |
|---|---|--|---|---|
| X | X |  | O | O |
| X | X |  | O | O |
|   |   |  |   |   |
| S | S |  | a | a |
| S | S |  | a | a |

Blackout

|   |   |   |   |   |
|---|---|---|---|---|
| X | X | X | X | X |
| X | X | X | X | X |
| X | X | X | X | X |
| X | X | X | X | X |
| X | X | X | X | X |