

# FITNESS BINGO #2

Have a parent or guardian initial the squares you complete! You can email me a picture of your bingo card when it is completed and you will get into a drawing to win a prize!

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| Run 3 laps around your house or driveway.                          | Sing a song to a friend or family member while doing push ups.                           | Jog in place for 30 seconds.  | Do 5 Burpees and 10 sit-ups..  | Listen to a song and dance!                      |
| Bear walk around the room.   | Play a yard game with your family (corn hole, bocce, horse shoes)                        | Ride your bike/scooter for 30+ minutes with parent permission and a helmet! | Arm circles forwards and backwards (15 seconds each).                | 10 Push-Ups<br>10 Sit-Ups<br>20+second plank.    |
| Wash your hands for 20 seconds.                                    | Balance like a Tree as long as you can. Now try your other leg!                          | <b>FREE SPACE</b>   | Take a listening walk. <a href="#">What do you hear?</a>             | Bounce, toss, or dribble a ball for 2 minutes.   |
| Do 15 jumping jacks and jog in place for 1 minute. Repeat 2 times. | Do the Butterfly stretch for 10 seconds 2 times.<br>Try to touch your feet to your toes. | Do a Cosmic Kids Yoga video on YouTube.                                     | Skip around your house or area 3 or more times.                      | Do 10 lunges on both sides and 10 squats.        |
| Do 20 arm circles with each arm, forwards and backwards.           | March in place for 1 minute and do 15 jumping jacks.                                     | Do high knees and jumping jacks for 1 minute each.                          | Hop in place and sing the ABCs. Switch and do it with the other leg. | Pull up each leg behind you for 10 seconds each. |

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