

Distance Learning #8: PE BINGO

Below is your PE Bingo Card. Choose any five activities that will get you a BINGO throughout the week.

Regardless of the activities you choose, click [HERE](#) to fill-out the Google form.

| B | I | N | G | O |
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| Family Fitness Uno Click on this link for instructions on how to play. You'll need UNO cards. | Dodgeball Gather balls of socks and play against a family member! | Stacks and Jacks Challenge Watch this video for instructions. | Bottle Flipping Watch this video for instructions. | Free Day! Choose 30 minutes of any activity. |
| Free Day! Choose 30 minutes of any activity. | Board Game Play this board game . Get a dice or put numbers in a cup. | One Base Kickball Watch this video for instructions. You'll need a partner! | Video Complete this workout video called Home Workout. | Chalk Obstacle Course Watch this video to get ideas on how to create your own obstacle course. |
| Heads Up Print off these cards and play with a partner. Each partner will grab a card from the deck and perform the workout on the other person's card. Repeat at least 15 rounds. | Partner Skee Ball Grab 6 items you can throw a ball in (pots/baskets/etc). Set them up in a triangle (think of how bowling pins are set up). Give them all point values. Step back 10 big steps. Underhand toss a ball/socks ten times into the buckets to see how many points you get! | Free Day! Choose 30 minutes of any activity. | Jump Rope If you don't have a jump rope, here's a video on how to make one with plastic bags! See how many jumps you can do in one minute . Repeat 9 more times :) | Rock, Paper, Scissors Play Rock, Paper, Scissors with a family member. If you win, you choose the activity the other person has to complete. Do at least 15 rounds. |
| Teen Workout Use this link to do this teen workout created by teens for teens. | Connect Four Click on this link for instructions. Click on this link for the game board. | Would You Rather Game Pull up this video . Grab a family member to do it with you! | Create your own workout to your favorite song. <i>Put your song on repeat and do a 15 minute workout.</i> | Free Day! Choose 30 minutes of any activity. |
| Broom Ball/Hockey Watch this video for how to hold your "hockey stick". Grab balled up socks, a broom, and something to make a goal. See if you can make a goal. After you've made 5 goals, step back and do it again. | Free Day! Choose 30 minutes of any activity. | Foot Mini Golf Using your foot like a golf club and a ball of socks for a golf ball to play, create a mini golf course that is made up of at least 3 holes. | Bowling w/Family Place a bottle about 6ft away from you with someone behind the bottle. Roll a ball to try and knock down the bottle. Run to switch places with the person behind the bottle after each try. Aim to knock down the bottle together at least 5 times. | Fort Nite Dances Complete this video . |