

# Elementary Physical Education BINGO

B	I	N	G	O
20 minute walk or jog	6 star sit-ups	10 toe touches	5 push-ups or modified push-ups	Play indoor hide & seek
Draw a four-square or hopscotch court with chalk and play	10 second leg lift	15 minute walk or bike ride	5 star sit-ups	6 Spider-man push-ups
8 boats	25 minute walk or bike ride	Family Free Choice	12 second plank or modified plank hold	10 second v-sit hold
5 sit-ups	Play a sport such as soccer or basketball	8 push-ups or modified push-ups	Create an obstacle course	20 minute walk or jog
15 shoulder touches	15 minutes of stretching	Have a family dance party	15 minute hike or nature walk	10 second plank hold