

BINGO!

B	I	N	G	O
Move through your house or outside for two minutes using different animal or sport walks (crab, seal, bear, monkey, hockey player, soccer player, gymnast)	10 hops on your left foot 10 hops on your right foot Primary-repeat 2x Intermediate-repeat 3x	Create a jump rope routine! You can do this without a rope. Jump, jump, jump and pretend you have a rope. You can also pretend you are a skier or a jogger.	Be a Kayaker! Sit on the floor and balance. Bend your knees, and keep your feet flat on the ground. Paddle your arms from one side of the kayak to the other.	Target Throwing! Create a target in a safe area (water bottle, toy), throw a number of safe items to try to get them as close to the target as possible.
Jumping Jacks Primary: 15 Intermediate: 30	15 Big Arm Circles (forward then backward) Crunches: Primary – 6x2 Intermediate- 10x2	Sit-ups! Primary-10 Intermediate-10x2 Take a break, and try	Move for 10-20 minutes. Walk, run, bike, scooters, your PHE lesson. As you walk, play “I Spy.”	Squats! Primary-5-7 Intermediate-7x2
Hops: 10 Hops on your left foot 10 Hops on your right foot Repeat 2x (primary) Repeat 3x (intermediate)	Balance Showdown! You and another person stand on one leg with arms out. See who can hold their balance (both of you are doing a great job!). Switch legs and repeat.	FREE SPACE! Name: Date:	Create a dance routine! Pick 4 of your favourite moves (sprinkles, cowboy, running man, disco). Do each move for 8 counts and repeat. Pick your favourite song to dance to!	Hop in place while counting. Primary-Count to 20, repeat 2x. Intermediate-Count to 30. Repeat again. OR, challenge even higher!
Choose your walk! Pretend a ladder is in front of you, go through the ladder while skipping, running, galloping, hopping, doing a side-shuffle or walking. Do this a number of times.	Push-Ups! Travel around your house or yard. When you find a different area, do two push-ups. Visit new areas and repeat. Primary-3 locations Intermediate-5-7 locations.	Bowling! Stand a few empty water bottles up. Roll a safe/soft ball a number of times to try to knock them all over. Challenge someone in your house to play against you!	Find a flat 2m area. Practice hopping, skipping, galloping, sliding, jumping, crab-walking, etc. Do this for quickly to get your heart beating fast! Primary-3-5min Intermediate- 5-8min	Jog in Place! (this would replace your warm-up run) Run in place. Primary: 3 minutes. Intermediate: 5 minutes.
Hand Dribble! Find any ball or bouncy item in your house. Dribble with your right hand, then left hand. Intermediates can also try a crossover dribble. Count how many times you can with each!	Outdoor Obstacle Course! Create an obstacle course. Think of pathways, exercises, and locomotor movements (balance beam, zig-zag jump, lunges, throw an object).	Plank Challenge! Lay on the ground on your tummy, lift yourself. Keep your back straight and your elbows squared. Repeat a number of times. Primary-Count to 5, repeat. Intermediate-Count how long you can hold for! Repeat.	Catch an object! Thrown scarves, grocery bags, bean bags, stuffed animals or socks. Primary, do each 10x. Intermediate, do each 20x. Toss and catch with 2 hands Toss and catch with 1 hand. Toss, clap, catch	Puddle Time! Pretend there is a giant puddle in front of you. Use both hands behind your back, bend your knees. Swing your hands forward as you jump. How far can you go! Try a number of times.

Complete one of these ‘warm-up’ activities prior to starting your PE Lesson (you can do more, but only “x” one.

Check off the ones you complete. Please take a picture and send it to me, I’d love to see your BINGO!

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Goals:

- Classic Bingo (5 in a row, across, down, or diagonal)
- 4 corners (complete the 4 challenges in the corners of the board)
- K Double Bingo (complete the challenges to make an “x” pattern from corners through the middle)
- Blackout (complete every challenge)