

Miss Montgomery's Physical Education Bingo

Directions: The CDC recommends that children get at least 60 minutes of moderate to vigorous activity per day. Try to get "BINGO" by completing various activities on the BINGO page. Make sure to always get a parent's permission before completing a square.

| B | I | N | G | O |
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| <p>Try a Mo Jones YouTube workout</p> <p>Search: Kids workout 1 Beginners</p> | <p>Fortnite Fitness YouTube video</p> <p>Search: Coach Meger Fitness Games</p> | <p>POPSUGAR Fitness YouTube Video</p> <p>Search: Have a Blast With This Family Fun Cardio Workout!</p> | <p>Be physically active outdoors for 20 or more minutes as a family.</p> | <p>Be physically active for 60 or more minutes as a family.</p> |
| <p>Try "Just Dance" on Youtube</p> <p>Search: Just Dance 2018 - Waka Waka This Time For Africa - 4 players</p> | <p>Create a Scavenger Hunt in your backyard.</p> | <p>Make an obstacle course in your backyard.</p> | <p>Try Glenn Higgins Fitness Harry Potter workout Youtube videos</p> <p>Search: Harry Potter 'Hogwarts' School Workout</p> | <p>Have a baseball, softball, lacrosse or football pass in your backyard.</p> |
| <p>Download the free Swork it Kids App on the iTunes Store and try a workout.</p> | <p>Try a High Intensity Interval Training workout on Youtube</p> <p>Search: 7 in 7 Kids Full Body Strength and Core Workout</p> <p>Group HIIT Youtube Channel</p> | <p>Create Your Own Workout! Be Creative!</p> | <p>Go on a family bike ride.</p> | <p>Try the burpee challenge. In minute 1, do one burpee, then rest until minute 2. In minute 2, do two burpees, then rest until minute 3. In minute 3, do three burpees then rest until minute 4. What level can you get to?</p> |
| <p>Try a Zumba Kids Youtube Video</p> <p>Channel: Zumba with Dovyas</p> <p>Search: Zumba Kids (easy dance) - I like to move it</p> | <p>Walk laps around a local track with a parent.</p> | <p>See how fast you can run or walk one lap around your block. Challenge your family members.</p> | <p>Try a "Deck of Cards" workout. Assign an exercise to each suit Diamonds = squats Hearts = burpees Spades = mountain climbers Clubs = Squat Jumps. The # on the card is how many you do.</p> | <p>Have relay races in your backyard: Run, Skip, Gallop, Run backwards, side shuffle, bear crawl, crab walk, frog hop.</p> |
| <p>With a parent, count how many laps you can jog around your block.</p> | <p>Do 50 jumping jacks, 40 mountain climbers, 30 cherry pickers, 20 sit ups and 10 burpees. Repeat as many rounds as you can.</p> | <p>Try GoNoodle dances on YouTube</p> <p>Search: Banana Banana Meatball Go Noodle</p> | <p>Do 50 lunges, 40 high knees, 30 shoulder tap planks, 20 scissor kicks (laying down), 10 (laying down) leg raises, 5 push ups. Repeat as many rounds as you can.</p> | <p>Take a family walk together after dinner.</p> |

