

PHYSICAL EDUCATION BINGO Grades 2-5

Challenge a family member to a push up contest	Balance on your right then left foot for 30 seconds each.	Show a family member how to do a burpee	Create an obstacle course with friends that involves safe jumping	Run in place for one minute
Jumping jacks for 20 seconds	Do wall sits with a family member for 20 seconds	25 calf raises	Go outside and play catch or basketball with a friend or family member	Play a game of tag with a friend or family member
15 Squats	Take a 20 minute walk with a family member	FREE SPACE	Challenge a friend to a sit up contest	10 lunges on each leg
Throw and catch a ball with a friend 20 consecutive times without dropping it	Challenge a family member to see who can hold a plank for the longest	Walk or ride a bike for 10 minutes	Learn the rules and history of basketball, baseball, football or soccer	Long jump contest with a friend or family member
Have a dance party with a family member	Dance while helping with chores	Do mountain climbers for 45 seconds	Do 15 squat jumps	Skip, gallop, slide, crab walk each for 1 minute

Directions: Your goal is to participate in 60 minutes of physical education daily. As you complete an activity/box, cross it off. Bring this sheet back to Phys Ed class and share your favorite physical activity. You can even come up with your own bingo box.