Muscle Knock Down BINGO

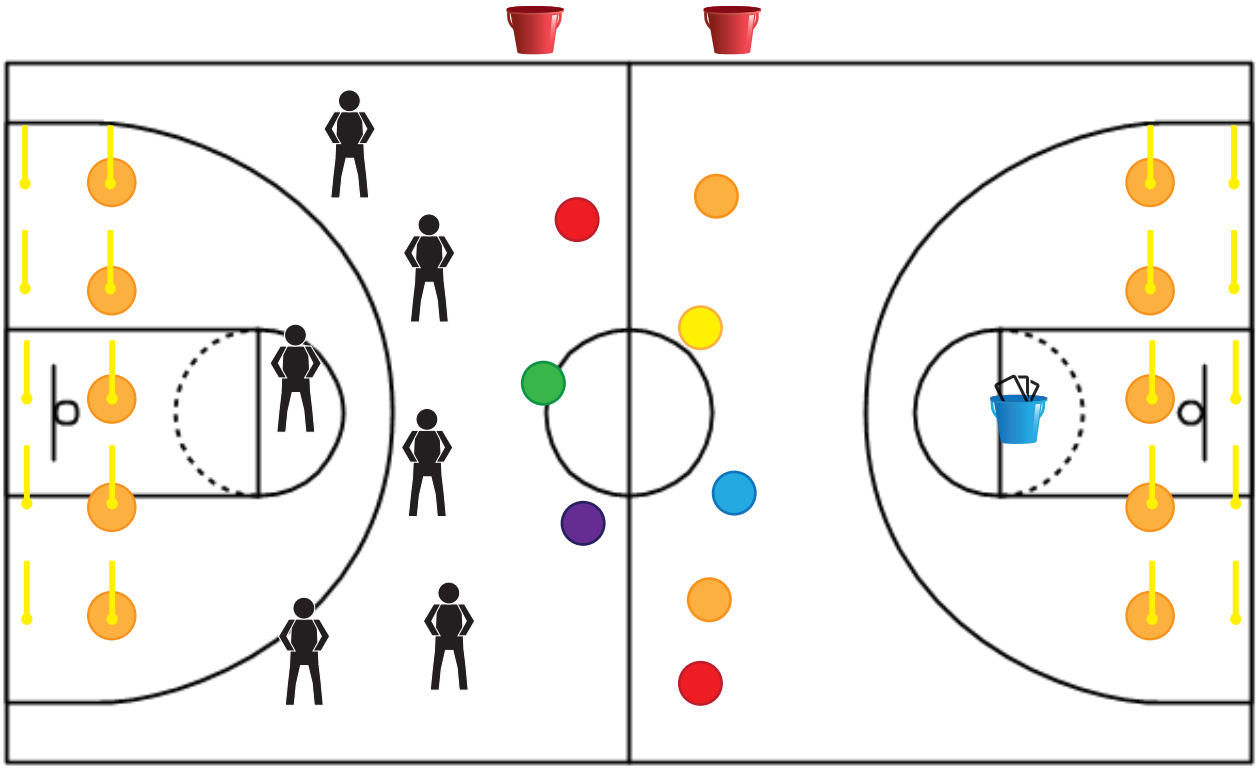
P: 1-800-233-5484 F: 1-877-800-5973 www.palossports.com

objectives/purpose:
To score a "bingo" for your team by completing the muscle bingo card first.

grade level: 2-5

materials/equipment:
- 1 slim pin for each member of the team plus 5 additional for each team's baseline ***(16175)***
  -OR- Mini Cone Set ***(21002)***
- Balls for each team ***(16078)***
- 10 poly spots (5 for each team) ***(21149)***
- 1 laminated bingo card for each team
- Laminated BINGO clue cards
- 2 buckets ***(15607)***

set-up
Rectangle basketball court
5 small poly spots on each side, near end of court
10 pins on each side, 5 on the spots, 5 on the baseline
Balls in the center to throw
2 buckets placed on the side-line out of bounds near the mid-line.



rules of the game/safety:

- Students are divided into two teams and separated by the half court line.
- Students each guard their own slim pin while trying to knock down individual or bingo pins from opposing team.
- If an individual pin is knocked down that student must pick up their pin, run a lap or perform given exercise and return to game and reset pin.
- If bingo pin is knocked down, student who knocked it over must run across the playing area and grab pin and place on their own poly spot located on baseline.
- Each time a bingo pin is knocked over a bingo clue card must be collected from team bucket located at team sideline and matched correctly on team bingo card.
- Bingo clue cards are muscle descriptors.
- First team to score a bingo (or best of) WINS! (4 in a row)

Muscles Covered:

Pectorals
Abdominals
Obliques
Quadriceps
Hamstrings
Biceps
Triceps
Deltoids
Gluteus Maximus
Trapezius
Latissimus Dorsi
Gastrocnemius

Presented by:
The Illinois Fab 4 Presenter Team
Cindie Cortinas, *Northern Illinois University*
Steven Hart, *Founders Elementary School*
Heather Isler, *Lombard School District 44*
Kelly Zerby, *Founders Elementary School*
Illinoisfab4@gmail.com

Palos Sports