PE Activity BINGO Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*Cover each square once you complete the activity! Do the best you can! Can you do them all? Bring this back!**

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| Run in place for 3 minutes | Do 25 jumping jacks | Balance on your right foot for 30 seconds | ***RUN*** *around the outside of your house two times* | Make 20 backward giant arm circles |
| Do **HIGH KNEES** around the outside of your house two times | Do 10 push-ups | Do 10 burpees | Crab walk up and down your driveway | *Do a wall sit for**45 seconds* |
| Do a plank while you pray the Our Father | **Hop up and down your driveway** | **NO FREE SPACES HERE!** Do 20 squats! 😊 | *Hop on* *your* *right foot for* *30 seconds* | **GALLOP** around the outside of your house two times |
| Do 15 crunches | Make 20 forward giant arm circles  | Jump Rope for as long as you can! | Do 15 crab kicks | Do 20 wall push-ups |
| **Hop on your left foot for 30 seconds** | Do 50 air punches | **SKIP around the outside of your house two times** | Balance on your left foot for 30 seconds | Do 20 lunges(genuflect) |