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) |