

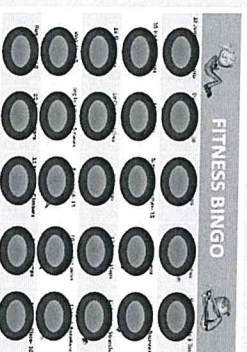
Fitness Bingo

- Play Bingo with a brother, sister, parent or friend.
- Turn in your winning sheet when we return to school for a prize.
- Please have your parents/guardians sign your winning sheet, verifying you completed the exercises.

FITNESS BINGO WIN PATTERNS

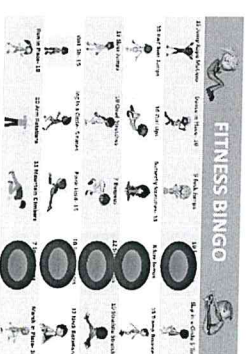
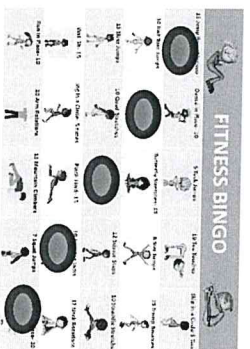
BLACKOUT BINGO

All images must be marked to get a BINGO



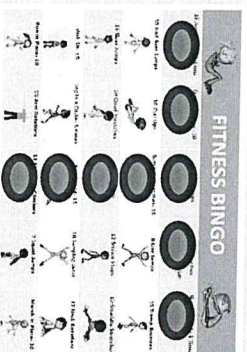
LINES BINGO

Must make a horizontal, diagonal OR vertical line to get a BINGO



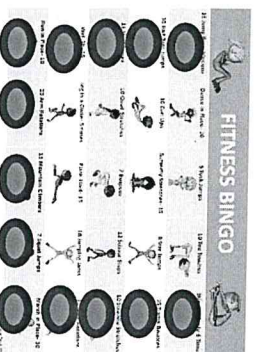
T's BINGO

Fill the card in the shape of a right-side up, upside down or sideways capital T. For example... fill the center column plus the top row.



U's BINGO

Fill the card in the shape of a right-side up, upside down or sideways U. For example... fill the left and right most columns and the top row.



FITNESS BINGO- TEACHER'S CALL SHEET



10 Jumping Jacks



15 Crab Push-Ups

10 Curl Ups



8 Push-Ups



10 Straddle Stretches



15 Mountain Climbers

10 Half Turn Jumps



15 Jump Rope Motions



5 Tuck Jumps



Wall Sit- 15

Run in Place- 10



7 Burpees



8 Star Jumps



15 Skier Jumps

15 Trampoline Bounces



12 Neck Rotations



Butterfly Stretches- 15 sec.



10 Toe Touches

Skip in a Circle 5 Times



Plank Hold- 15 sec.



7 Squat Jumps



March in Place- 10 sec.

12 Scissor Steps



Jog in a Circle- 5 times



20 Arm Rotations



8 Lunges

20 Shoulder Shrugs



Dance in Place- 10 sec.



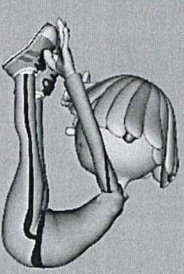
10 Quad Stretches



15 Arm Punches



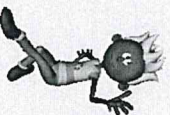
FITNESS BINGO



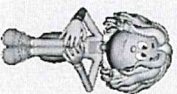
15 Jump Rope Motions



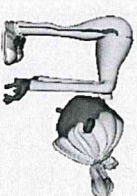
Dance in Place- 10



5 Tuck Jumps



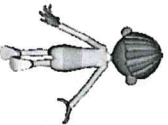
10 Toe Touches



Skip in a Circle 5 Times



10 Half Turn Jumps



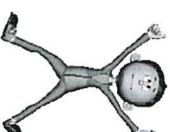
10 Curl Ups



Butterfly Stretches- 15



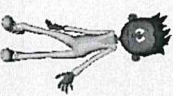
8 Star Jumps



15 Tramp Bounces



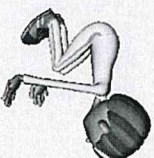
15 Skier Jumps



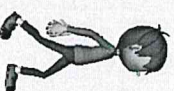
10 Quad Stretches



7 Burpees



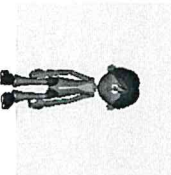
12 Scissor Steps



10 Straddle Stretches



Wall Sit- 15



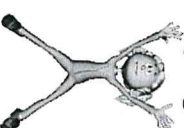
Jog in a Circle- 5 times



Plank Hold- 15



10 Jumping Jacks



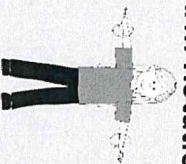
12 Neck Rotations



Run in Place- 10



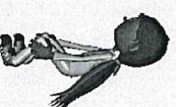
20 Arm Rotations



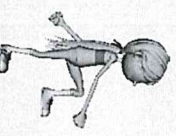
15 Mountain Climbers

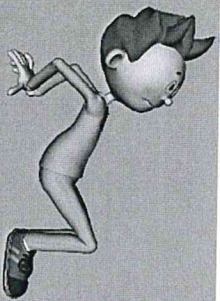


7 Squat Jumps

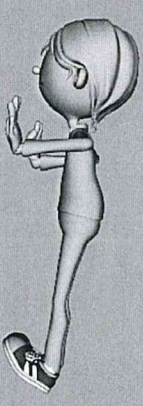


March in Place- 10





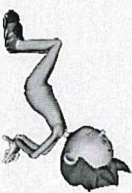
FITNESS BINGO



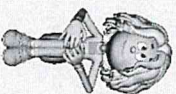
15 Skier Jumps



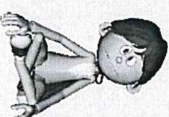
15 Crab Push-Ups



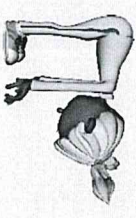
5 Tuck Jumps



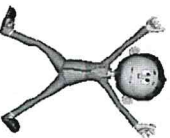
12 Neck Rotations



10 Toe Touches



8 Star Jumps



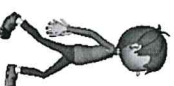
8 Push-Ups



Run in Place- 10



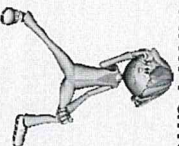
12 Scissor Steps



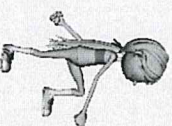
15 Tramp Bounces



15 Arm Punches



March in Place- 10



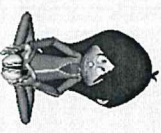
15 Mountain Climbers



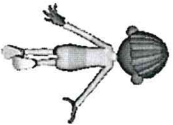
Wall Sit- 15



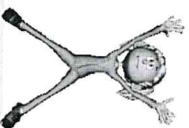
Butterfly Stretches- 15



10 Half Turn Jumps



10 Jumping Jacks



20 Shoulder Shrugs



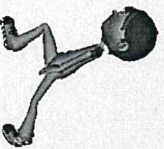
Skip in a Circle 5 Times



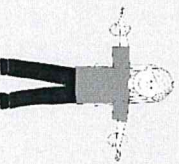
10 Curl Ups



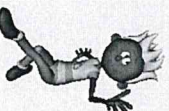
8 Lunges



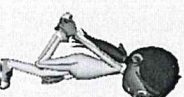
20 Arm Rotations



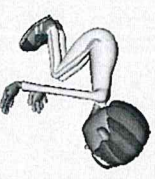
Dance in Place- 10

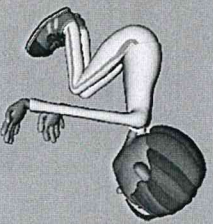


10 Quad Stretches

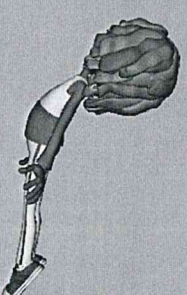


7 Burpees





FITNESS BINGO



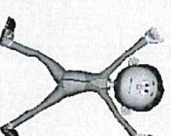
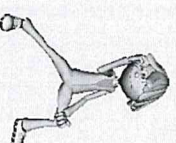
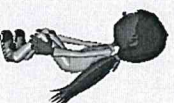
Skip in a Circle 5 Times

Butterfly Stretches- 15

7 Squat Jumps

15 Arm Punches

8 Star Jumps



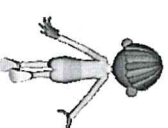
Plank Hold- 15

12 Scissor Steps

10 Straddle Stretches

10 Half Turn Jumps

10 Quad Stretches



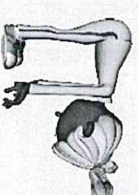
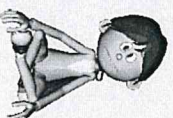
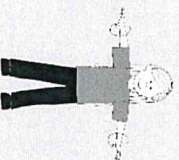
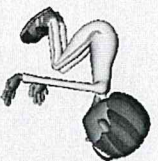
7 Burpees

20 Arm Rotations

12 Neck Rotations

20 Shoulder Shrugs

10 Toe Touches



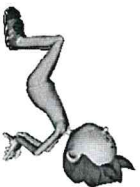
15 Crab Push-Ups

Jog in a Circle- 5 times

Dance in Place- 10

15 Mountain Climbers

10 Curl Ups



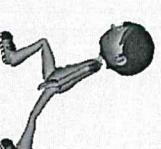
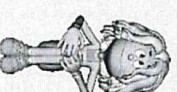
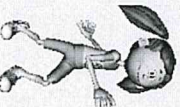
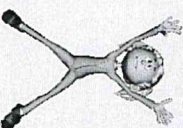
8 Push-Ups

10 Jumping Jacks

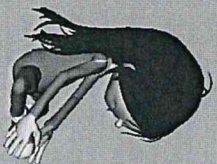
Run in Place- 10

5 Tuck Jumps

8 Lunges



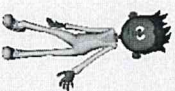
Card 3



FITNESS BINGO



15 Skier Jumps



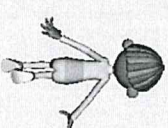
Butterfly Stretches- 15



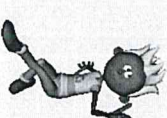
Run in Place- 10



10 Half Turn Jumps



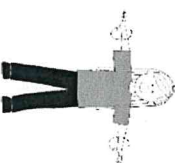
Dance in Place- 10



5 Tuck Jumps



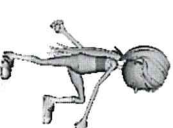
20 Arm Rotations



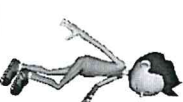
7 Burpees



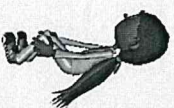
March in Place- 10



15 Tramp Bounces



7 Squat Jumps



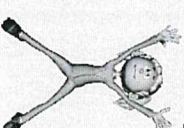
8 Push-Ups



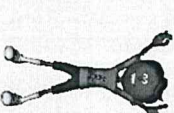
10 Straddle Stretches



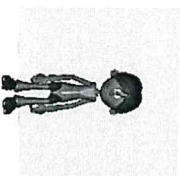
10 Jumping Jacks



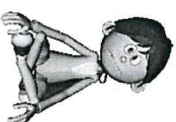
15 Jump Rope Motions



Wall Sit- 15



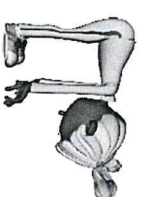
12 Neck Rotations



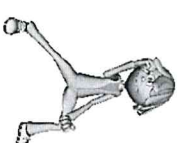
15 Mountain Climbers



10 Toe Touches



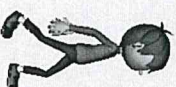
15 Arm Punches



15 Crab Push-Ups



12 Scissor Steps



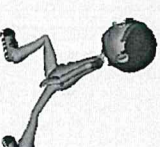
10 Curl Ups

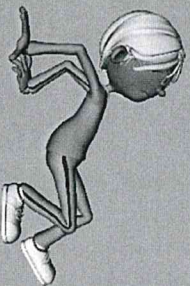


20 Shoulder Shrugs

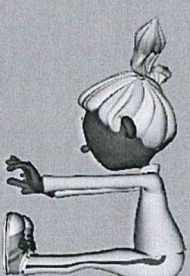


8 Lunges

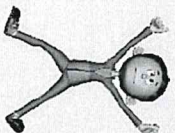




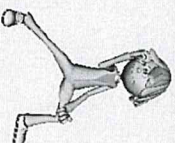
FITNESS BINGO



8 Star Jumps



15 Arm Punches



Butterfly Stretches- 15



10 Straddle Stretches



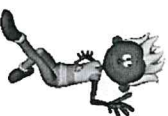
Plank Hold - 15



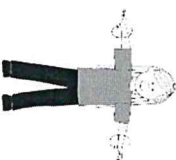
8 Lunges



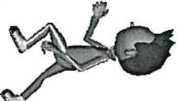
Dance in Place- 10



20 Arm Rotations



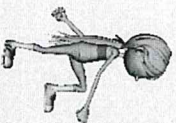
Jog in a Circle- 5 times



Skip in a Circle 5 Times



March in Place- 10



Wall Sit- 15



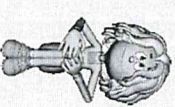
15 Skier Jumps



15 Jump Rope Motions



5 Tuck Jumps



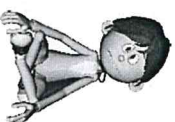
Run in Place- 10



15 Crab Push-Ups



12 Neck Rotations



20 Shoulder Shrugs



7 Burpees



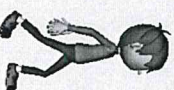
15 Mountain Climbers



10 Quad Stretches



12 Scissor Steps



10 Curl Ups



7 Squat Jumps

