



PE BINGO 2

FOREST RIDGE ELEMENTARY

Name: _____

Directions: Complete 2 squares each day (Monday – Friday) and have your parent/guardian initial and date when you complete each square. Bingo page is to be completed and returned on May 4th to the PE Dept.

<p>Jump side to side over a stationary object 30 times.</p> <p>Initial _____ Date _____</p>	<p>Do 25 forward, then 25 backward arm circles.</p> <p>Initial _____ Date _____</p>	<p>Jump rope or pretend to jump rope for 5 – 10 Minutes</p> <p>Initial _____ Date _____</p>	<p>Put on music and dance for 5 minutes.</p> <p>Initial _____ Date _____</p>	<p>Flamingo Balance – balance on Right foot for 40 seconds, then switch to the Left foot for 40 seconds.</p> <p>Initial _____ Date _____</p>
<p>Jump front to back over a stationary object 75 times.</p> <p>Initial _____ Date _____</p>	<p>Wall sit – pretend you are sitting on a wall (squat position) and hold for 30 seconds. Repeat 4 times.</p> <p>Initial _____ Date _____</p>	<p>Create a game to play independently or with others.</p> <p>Initial _____ Date _____</p>	<p>Take a walk and find 10 things that start with the first letter of your name.</p> <p>Initial _____ Date _____</p>	<p>Do 20 Push-ups, rest for 20 seconds, repeat 3 times.</p> <p>Initial _____ Date _____</p>
<p>Vertical jump – jump as high as you can for 45 seconds. Repeat.</p> <p>Initial _____ Date _____</p>	<p>Jog in place (or outside) to your favorite song.</p> <p>Initial _____ Date _____</p>	<p>Ask a parent to hold your feet, cross your arms across your chest, while you perform as many sit-ups as you can in one minute.</p> <p>Initial _____ Date _____</p>	<p>Do 20 high knee twists. Bring your knee to your opposite elbow and switch.</p> <p>Initial _____ Date _____</p>	<p>Walk from room to room while balancing a book on your head!</p> <p>Initial _____ Date _____</p>
<p>Jump rope (or pretend to jump rope) to an entire song without stopping.</p> <p>Initial _____ Date _____</p>	<p>Create a karate air-kicking and air-punching demonstration to music.</p> <p>Initial _____ Date _____</p>	<p>Do 20 Jumping Jacks or Scissor Jumps</p> <p>Initial _____ Date _____</p>	<p>Stretching: Windmill – Feet apart, touch hand to opposite foot 10 times</p> <p>Initial _____ Date _____</p>	<p>Calf stretch: While standing tall, go up on your tippy toes and back to flat feet. Repeat 25 times.</p> <p>Initial _____ Date _____</p>