

PE Bingo



Create a Bingo by selecting and completing five activities in a row.

15 jumping jacks	10 tricep dips	30 second wall sit	Play catch with a friend	30 front kicks
15 donkey kicks on each leg	30 seconds high knees	15 minute walk	1 minute jump rope	10 pushups
15 arm circles	10 minutes of yoga	30 second plank	30 seconds butt kickers	Butterfly stretch for 1 minute
Shoot hoops for 10 minutes	5 minute run	15 situps or 30 crunches	15 side lunges on each leg	20 squats
30 second hop on each foot	10 burpees	5 laps around the gym	15 lunges on each leg	3 minute dance party

Which exercise was your favorite? Why did you like that one the most?