

Hello there, and welcome to physical education class! Please complete at least 1 bingo each time you choose to participate in P.E. activities. You can do this!

B	E	F	I	T
Challenge someone to a push up competition	Complete the work out of the day from darebee.com	Challenge everyone in your house to a game of total body rocker, paper, scissors. Loser has to make lunch.	Crumple up a paper, empty a garbage can, play a game of horse with someone in your house	Find a ping pong ball and try to make some "dude/dudette perfect" shots into the trash can
Find 3 grocery bags, or 3 socks, and head to youtube.com to practice juggling	Use a real or invisible jump rope and create a 5 minute jump rope routine	Do 10 sets of 10 wall push-ups. (YEP THAT'S 100! You can do this!)	Find someone in your house and do a wall sit facing them. THIS IS A STARING CONTEST. WHATEVER YOU DO DON'T LAUGH	How many jumping jacks can you do in 15 minutes? (you can take breaks, PHEW)
Create 3 new dance moves to your favorite song.	Dance along to this "Just Dance" video	FREE SPACE *Choose ANY activity	Butterfly Sit and reach Arm circles 1 minute butt kickers 1 minute of high knees	Practice the 3 minute jump rope challenge with a real on invisible jump rope.
Find 3 grocery bags, or 3 socks, and head to youtube.com to practice juggling	Find some plastic cups and check out this you tube video!	Make a healthy lunch with an adult in your house	Complete the work out of the day from darebee.com	Take a safari walk outside with an adult. How many animals did you see? What did you hear?
Cleaning is exercise! Clean your room!!!	Crumple up a paper, empty a garbage can, play a game of horse	Challenge someone to a plank competition	Create your own warm up routine	"Who ya gunna call?" Dance along here!