



Physical Activities: Grades 6–8

Fitness Bingo

Please complete this bingo board with a sibling, parent, guardian, or family member! To win, complete 5 exercises. For a bonus, complete all the exercises!

B	I	N	G	O
B: 10 Jumping Jacks	I: 15 Seconds of High Knees	N: 10 Sit Ups	G: 10 Calf Raises	O: 10 Mountain Climbers
B: 12 Arm Circles	I: 5 Star Jumps	N: Side Plank Each Side 15 Seconds	G: Jog in place for 30 seconds	O: Hop 10 Times on Each Foot
B: Touch your Toes 10 Times	I: Supermans for 30 seconds	N: Post a picture of you being active on social media and tag @nwblindathletes	G: 15 Second Wall Sit	O: 15 Glute Kicks
B: 10 Shoulder Shrugs	I: 10 Lunges	N: Flutter Kick for 30 Seconds	G: 10 Crunches	O: Inchworm Walk 5 Times
B: Run up and Down Stairs 3 Times	I: Create a Dance Move	N: 10 Squats	G: 10 Modified Push Ups	O: 15 Air Punches