



Physical Activities: Grades K-5

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: Run in Place for 20 Seconds	I: 5 Jumping Jacks	N: Frankenstein Walk for 30 Seconds	G: Leg Stretch 15 Seconds	O: Skip in a Circle 3 Times
B: 3 Star Jumps	I: Arm Stretch 15 Seconds	N: Hop 3 Times on Each Foot	G: Bear Walk for 30 Seconds	O: High Knees 20 Seconds
B: Inchworm Walk 3 Times	I: Dance in Place for 30 Seconds	N: Post a picture of you being active on social media and tag @nwblindathletes	G: Balance on one Foot for 10 Seconds	O: Slide to your Left and Right for 30 Seconds
B: 5 Side Lunges	I: Jump 10 Times	N: Gallop in a Straight Line	G: Touch your Toes 10 Times	O: March in Place 30 Seconds
B: Leap 3 Times	I: Slither Like a Snake for 15 Seconds	N: Jog in Place for 20 seconds	G: Butterfly Stretch 15 Seconds	O: Crab Walk for 10 Seconds