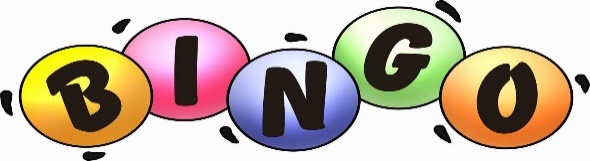
**6-8th Grade Physical Education**



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*Complete at least one game each day you do PE. After you complete the activity you can mark it with an X.*

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| **B** | **I** | **N** | **G** | **O** |
| **Jump forward and backward 35 times** | **Jump side to side skier style**  35 times | **Climb the Plank Ladder**  30 seconds high planks  20 seconds shoulder tap  30 Second Elbow Plank  2 sets | ***30 seconds of Mountain Climbers*** | **Curl-ups**  Do 2 sets of 15 |
| ***List 3 healthy snacks***  ***that you like*** | **Alternate Leg Lifts**  20 times | **Jog in place**  Count by 2s up to 50 | **Hop on your left foot**  **20 times**  **Hop on your right foot 20 times** | **Windmills**  Touch each foot 15 times with opposite hand |
| **Do 20 squats using good form**  **2 sets** | **Do 10 push-ups**  straight leg or on knees  3 sets | ***Free Space***  ***Name:***  ***Wash Your Hands!*** | **Wall Sit**  1 Minute | **Butterfly Stretch**  Count to 20 |
| **Crab walk around the house – for 3 minutes** | ***Keep a journal of how many cups***  ***(8 ounces) of water you drink in one day.*** | **Jumping**  **Jacks 45 times** | 20  **Frog jumps** | **15 Lunges with the right leg**  **15 Lunges with the left leg** |
| **GET OUTSIDE!**  **Play your favorite outside game or go for a walk with a family member**  **30 minutes** | **Quad Stretch**  Count to 20 for each leg | **Do 30 Burpees**  **With Push Up** | Bicycle Legs up to 20  3 sets | ***Draw a picture of yourself doing your favorite physical activity*** |

How many different types of BINGO can you do?

Regular Bingo 4 Corners X Double Bingo Vertical Bingo Horizontal Bingo Postage Stamp Bingo Blackout

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|  | x |  |  |  |  |  |  |  |  |  |  |  | x |  | x |  |  | a | x |  | s | o |  | o | o | o | o | o |  | x | x |  | o | o |  | x | x | x | x | x |
|  |  | x |  |  |  |  |  |  |  |  |  |  |  | x |  |  |  | a | x |  | s | o |  |  |  |  |  |  |  |  |  |  |  |  |  | x | x | X | x | x |
|  |  |  | x |  |  |  |  |  |  |  |  |  | x |  | x |  |  | a | x |  | s | o |  | a | a | a | a | a |  | s | s |  | a | a |  | x | x | x | x | x |
|  |  |  |  | x |  | x |  |  |  | x |  | x |  |  |  | x |  | a | x |  | s | o |  | s | s | s | s | s |  | s | s |  | a | a |  | x | x | x | x | x |