**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 planks20 seconds shoulder tap30 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 |
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|   |   |   | 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 |