**Elementary 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 25 times** | **Jump side to side** 25 times | **Climb the Plank Ladder**20 seconds high planks20 seconds shoulder tap20 Second Elbow Plank  | ***20 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 in multiples of 2 up to 50 | **Hop on your left foot** **15 times****Hop on your right foot 15 times** | **Windmills**Touch each foot 10 times with opposite hand |
| **Do 20 squats using good form** | **Do 10 push-ups**straight leg or on knees |  ***Free Space*** ***Name:*** ***Wash Your Hands!***  | **Wall Sit**Count to 30 | **Butterfly Stretch**Count to 30 using odd numbers 1-3-5-7-etc… |
| **Crab walk around the house – count to 20** | ***Keep a journal of how many cups*** ***(8 ounces) of water you drink in one day.*** | **Jumping****Jacks 30 times** | 20**Frog jumps** | **Giant Arm Circles**20 straight arm giant arm circles going backwards |
| **Arm Circles**20 straight arm small circles going forward | **Lunge Stretch** Count to 10 for each leg | **Do 20 Burpees** | **Bear Walk** around the house – count to 100 by 5’s |  ***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 |