

Fitness BINGO

OBJECTIVES:

STUDENTS WILL DEVELOP MUSCULAR ENDURANCE.

STUDENTS WILL KEEP TRACK OF THEIR OWN BOARDS.

THE STUDENTS WILL FOLLOW THE DIRECTIONS OF THE ACTIVITY.

SKILLS AND CONCEPTS:

MUSCULAR STRENGTH, MUSCULAR ENDURANCE, CARDIOVASCULAR ENDURANCE

EQUIPMENT:

ONE BINGO BOARD PER STUDENT, TALLY MARKERS, DRY ERASE POCKETS, DRY ERASE MARKERS, ONE DEVICE WITH DECIDE NOW APP (OPTIONAL)

ORGANIZATION:

GIVE EACH STUDENT A LAMINATED BINGO CARD AND DRY ERASE MARKER. YOU COULD USE THE DRY ERASE POCKETS INSTEAD OF LAMINATING THE BINGO CARDS OR THE TALLY MARKERS IF YOU HAVE ENOUGH. THE STUDENTS WILL NEED TO HAVE THE CARDS ON THE PERIMETER OF THE GYM.

ACTIVITY DESCRIPTION:

STUDENTS WILL START BY JOGGING FOR ONE MINUTE. AFTER A MINUTE IS UP, THE STUDENTS WILL GO BACK TO THEIR BOARD. THE TEACHER WILL THEN SELECT AN EXERCISE USING THE DECIDE NOW APP. IF YOU DON'T HAVE THE APP, JUST SELECT ONE OF THE EXERCISES FOR THE STUDENTS TO PERFORM OR YOU CAN USE THE SPIN IT APP BY JARROD ROBINSON. THEY WILL PERFORM THE SKILL FOR 20 SECONDS AND MARK OFF THE EXERCISE. WHEN 20 SECONDS ARE UP, THE STUDENTS WILL START JOGGING AGAIN FOR ONE MINUTE AND REPEAT THE PROCESS. WHEN A STUDENT GETS A "BINGO" HAVE THEM YELL "I LOVE TO EXERCISE" OR ANY OTHER PHRASE YOU WANT THEM TO USE. HAVE THE STUDENTS ERASE THE BOARDS TO PLAY AGAIN.

B I N G O

| | | | | |
|---------------|-------------------|------------------|---------------|------------------|
| Pushups | Mountain Climbers | Reverse Curl-ups | Scissor Kicks | Floor Taps |
| Squat Thrusts | Curl Downs | Arm Switch | Jump Planks | Leg Lifts |
| Curl-ups | Cross Overs | Squats | Steam Engines | Calf Raises |
| Body Folds | Curl Downs | Jumping Jacks | Genie Sits | Frog Jumps |
| Ski Jumps | Switch Kicks | Jumping Jills | Bell Jumps | Shoulder Presses |

B I N G O

| | | | | |
|------------------|---------------|-------------------|------------------|---------------|
| Shoulder Presses | Pushups | Mountain Climbers | Reverse Curl-ups | Scissor Kicks |
| Floor Taps | Squat Thrusts | Curl Downs | Arm Switch | Jump Planks |
| Leg Lifts | Curl-ups | Cross Overs | Squats | Steam Engines |
| Calf Raises | Body Folds | Curl Downs | Jumping Jacks | Genie Sits |
| Frog Jumps | Ski Jumps | Switch Kicks | Jumping Jills | Bell Jumps |

B I N G O

| | | | | |
|---------------|-------------------|------------------|------------------|-------------|
| Switch Kicks | Jumping Jills | Bell Jumps | Shoulder Presses | Ski Jumps |
| Pushups | Mountain Climbers | Reverse Curl-ups | Scissor Kicks | Floor Taps |
| Squat Thrusts | Curl Downs | Arm Switch | Jump Planks | Leg Lifts |
| Curl-ups | Cross Overs | Squats | Steam Engines | Calf Raises |
| Body Folds | Curl Downs | Jumping Jacks | Genie Sits | Frog Jumps |

B I N G O

| | | | | |
|------------------|---------------|-------------------|------------------|---------------|
| Ski Jumps | Switch Kicks | Jumping Jills | Bell Jumps | Frog Jumps |
| Shoulder Presses | Pushups | Mountain Climbers | Reverse Curl-ups | Scissor Kicks |
| Floor Taps | Squat Thrusts | Curl Downs | Arm Switch | Jump Planks |
| Leg Lifts | Curl-ups | Cross Overs | Squats | Steam Engines |
| Calf Raises | Body Folds | Curl Downs | Jumping Jacks | Genie Sits |

B I N G O

| | | | | |
|---------------|------------------|---------------|-------------------|------------------|
| Bell Jumps | Shoulder Presses | Pushups | Mountain Climbers | Reverse Curl-ups |
| Scissor Kicks | Floor Taps | Squat Thrusts | Curl Downs | Arm Switch |
| Jump Planks | Leg Lifts | Curl-ups | Cross Overs | Squats |
| Steam Engines | Calf Raises | Body Folds | Curl Downs | Jumping Jacks |
| Genie Sits | Frog Jumps | Ski Jumps | Switch Kicks | Jumping Jills |

B I N G O

| | | | | |
|------------------|---------------|------------------|---------------|-------------------|
| Jumping Jills | Bell Jumps | Shoulder Presses | Pushups | Mountain Climbers |
| Reverse Curl-ups | Scissor Kicks | Floor Taps | Squat Thrusts | Curl Downs |
| Arm Switch | Jump Planks | Leg Lifts | Curl-ups | Cross Overs |
| Squats | Steam Engines | Calf Raises | Body Folds | Curl Downs |
| Jumping Jacks | Genie Sits | Frog Jumps | Ski Jumps | Switch Kicks |

B I N G O

| | | | | |
|---------------|------------------|---------------|-------------------|------------------|
| Frog Jumps | Ski Jumps | Switch Kicks | Jumping Jills | Genie Sits |
| Bell Jumps | Shoulder Presses | Pushups | Mountain Climbers | Reverse Curl-ups |
| Scissor Kicks | Floor Taps | Squat Thrusts | Curl Downs | Arm Switch |
| Jump Planks | Leg Lifts | Curl-ups | Cross Overs | Squats |
| Steam Engines | Calf Raises | Body Folds | Curl Downs | Jumping Jacks |

B I N G O

| | | | | |
|------------------|---------------|------------------|---------------|-------------------|
| Genie Sits | Frog Jumps | Ski Jumps | Switch Kicks | Jumping Jacks |
| Jumping Jills | Bell Jumps | Shoulder Presses | Pushups | Mountain Climbers |
| Reverse Curl-ups | Scissor Kicks | Floor Taps | Squat Thrusts | Curl Downs |
| Arm Switch | Jump Planks | Leg Lifts | Curl-ups | Cross Overs |
| Squats | Steam Engines | Calf Raises | Body Folds | Curl Downs |

B I N G O

| | | | | |
|-------------------|------------------|---------------|------------------|---------------|
| Switch Kicks | Jumping Jills | Bell Jumps | Shoulder Presses | Pushups |
| Mountain Climbers | Reverse Curl-ups | Scissor Kicks | Floor Taps | Squat Thrusts |
| Curl Downs | Arm Switch | Jump Planks | Leg Lifts | Curl-ups |
| Cross Overs | Squats | Steam Engines | Calf Raises | Body Folds |
| Curl Downs | Jumping Jacks | Genie Sits | Frog Jumps | Ski Jumps |

B I N G O

| | | | | |
|---------------|-------------------|------------------|---------------|------------------|
| Ski Jumps | Switch Kicks | Jumping Jills | Bell Jumps | Shoulder Presses |
| Pushups | Mountain Climbers | Reverse Curl-ups | Scissor Kicks | Floor Taps |
| Squat Thrusts | Curl Downs | Arm Switch | Jump Planks | Leg Lifts |
| Curl-ups | Cross Overs | Squats | Steam Engines | Calf Raises |
| Body Folds | Curl Downs | Jumping Jacks | Genie Sits | Frog Jumps |

B I N G O

| | | | | |
|-------------------|------------------|---------------|------------------|---------------|
| Jumping Jacks | Genie Sits | Frog Jumps | Ski Jumps | Curl Downs |
| Switch Kicks | Jumping Jills | Bell Jumps | Shoulder Presses | Pushups |
| Mountain Climbers | Reverse Curl-ups | Scissor Kicks | Floor Taps | Squat Thrusts |
| Curl Downs | Arm Switch | Jump Planks | Leg Lifts | Curl-ups |
| Cross Overs | Squats | Steam Engines | Calf Raises | Body Folds |

B I N G O

| | | | | |
|---------------|-------------------|------------------|---------------|------------------|
| Curl Downs | Jumping Jacks | Genie Sits | Frog Jumps | Body Folds |
| Ski Jumps | Switch Kicks | Jumping Jills | Bell Jumps | Shoulder Presses |
| Pushups | Mountain Climbers | Reverse Curl-ups | Scissor Kicks | Floor Taps |
| Squat Thrusts | Curl Downs | Arm Switch | Jump Planks | Leg Lifts |
| Curl-ups | Cross Overs | Squats | Steam Engines | Calf Raises |

B I N G O

| | | | | |
|------------------|---------------|-------------------|------------------|---------------|
| Frog Jumps | Ski Jumps | Switch Kicks | Jumping Jills | Bell Jumps |
| Shoulder Presses | Pushups | Mountain Climbers | Reverse Curl-ups | Scissor Kicks |
| Floor Taps | Squat Thrusts | Curl Downs | Arm Switch | Jump Planks |
| Leg Lifts | Curl-ups | Cross Overs | Squats | Steam Engines |
| Calf Raises | Body Folds | Curl Downs | Jumping Jacks | Genie Sits |

B I N G O

| | | | | |
|---------------|------------------|---------------|-------------------|------------------|
| Genie Sits | Frog Jumps | Ski Jumps | Switch Kicks | Jumping Jills |
| Bell Jumps | Shoulder Presses | Pushups | Mountain Climbers | Reverse Curl-ups |
| Scissor Kicks | Floor Taps | Squat Thrusts | Curl Downs | Arm Switch |
| Jump Planks | Leg Lifts | Curl-ups | Cross Overs | Squats |
| Steam Engines | Calf Raises | Body Folds | Curl Downs | Jumping Jacks |

B I N G O

| | | | | |
|------------------|---------------|-------------------|------------------|---------------|
| Body Folds | Curl Downs | Jumping Jacks | Genie Sits | Calf Raises |
| Frog Jumps | Ski Jumps | Switch Kicks | Jumping Jills | Bell Jumps |
| Shoulder Presses | Pushups | Mountain Climbers | Reverse Curl-ups | Scissor Kicks |
| Floor Taps | Squat Thrusts | Curl Downs | Arm Switch | Jump Planks |
| Leg Lifts | Curl-ups | Cross Overs | Squats | Steam Engines |

B I N G O

| | | | | |
|---------------|------------------|---------------|-------------------|------------------|
| Calf Raises | Body Folds | Curl Downs | Jumping Jacks | Steam Engines |
| Genie Sits | Frog Jumps | Ski Jumps | Switch Kicks | Jumping Jills |
| Bell Jumps | Shoulder Presses | Pushups | Mountain Climbers | Reverse Curl-ups |
| Scissor Kicks | Floor Taps | Squat Thrusts | Curl Downs | Arm Switch |
| Jump Planks | Leg Lifts | Curl-ups | Cross Overs | Squats |

B I N G O

| | | | | |
|------------------|---------------|------------------|---------------|-------------------|
| Jumping Jacks | Genie Sits | Frog Jumps | Ski Jumps | Switch Kicks |
| Jumping Jills | Bell Jumps | Shoulder Presses | Pushups | Mountain Climbers |
| Reverse Curl-ups | Scissor Kicks | Floor Taps | Squat Thrusts | Curl Downs |
| Arm Switch | Jump Planks | Leg Lifts | Curl-ups | Cross Overs |
| Squats | Steam Engines | Calf Raises | Body Folds | Curl Downs |

B I N G O

| | | | | |
|-------------------|------------------|---------------|------------------|---------------|
| Curl Downs | Jumping Jacks | Genie Sits | Frog Jumps | Ski Jumps |
| Switch Kicks | Jumping Jills | Bell Jumps | Shoulder Presses | Pushups |
| Mountain Climbers | Reverse Curl-ups | Scissor Kicks | Floor Taps | Squat Thrusts |
| Curl Downs | Arm Switch | Jump Planks | Leg Lifts | Curl-ups |
| Cross Overs | Squats | Steam Engines | Calf Raises | Body Folds |

B I N G O

| | | | | |
|------------------|---------------|------------------|---------------|-------------------|
| Steam Engines | Calf Raises | Body Folds | Curl Downs | Squats |
| Jumping Jacks | Genie Sits | Frog Jumps | Ski Jumps | Switch Kicks |
| Jumping Jills | Bell Jumps | Shoulder Presses | Pushups | Mountain Climbers |
| Reverse Curl-ups | Scissor Kicks | Floor Taps | Squat Thrusts | Curl Downs |
| Arm Switch | Jump Planks | Leg Lifts | Curl-ups | Cross Overs |

B I N G O

| | | | | |
|-------------------|------------------|---------------|------------------|---------------|
| Squats | Steam Engines | Calf Raises | Body Folds | Cross Overs |
| Curl Downs | Jumping Jacks | Genie Sits | Frog Jumps | Ski Jumps |
| Switch Kicks | Jumping Jills | Bell Jumps | Shoulder Presses | Pushups |
| Mountain Climbers | Reverse Curl-ups | Scissor Kicks | Floor Taps | Squat Thrusts |
| Curl Downs | Arm Switch | Jump Planks | Leg Lifts | Curl-ups |

B I N G O

| | | | | |
|---------------|-------------------|------------------|---------------|------------------|
| Body Folds | Curl Downs | Jumping Jacks | Genie Sits | Frog Jumps |
| Ski Jumps | Switch Kicks | Jumping Jills | Bell Jumps | Shoulder Presses |
| Pushups | Mountain Climbers | Reverse Curl-ups | Scissor Kicks | Floor Taps |
| Squat Thrusts | Curl Downs | Arm Switch | Jump Planks | Leg Lifts |
| Curl-ups | Cross Overs | Squats | Steam Engines | Calf Raises |

B I N G O

| | | | | |
|------------------|---------------|-------------------|------------------|---------------|
| Calf Raises | Body Folds | Curl Downs | Jumping Jacks | Genie Sits |
| Frog Jumps | Ski Jumps | Switch Kicks | Jumping Jills | Bell Jumps |
| Shoulder Presses | Pushups | Mountain Climbers | Reverse Curl-ups | Scissor Kicks |
| Floor Taps | Squat Thrusts | Curl Downs | Arm Switch | Jump Planks |
| Leg Lifts | Curl-ups | Cross Overs | Squats | Steam Engines |

B I N G O

| | | | | |
|---------------|-------------------|------------------|---------------|------------------|
| Cross Overs | Squats | Steam Engines | Calf Raises | Curl-ups |
| Body Folds | Curl Downs | Jumping Jacks | Genie Sits | Frog Jumps |
| Ski Jumps | Switch Kicks | Jumping Jills | Bell Jumps | Shoulder Presses |
| Pushups | Mountain Climbers | Reverse Curl-ups | Scissor Kicks | Floor Taps |
| Squat Thrusts | Curl Downs | Arm Switch | Jump Planks | Leg Lifts |

B I N G O

| | | | | |
|------------------|---------------|-------------------|------------------|---------------|
| Curl-ups | Cross Overs | Squats | Steam Engines | Leg Lifts |
| Calf Raises | Body Folds | Curl Downs | Jumping Jacks | Genie Sits |
| Frog Jumps | Ski Jumps | Switch Kicks | Jumping Jills | Bell Jumps |
| Shoulder Presses | Pushups | Mountain Climbers | Reverse Curl-ups | Scissor Kicks |
| Floor Taps | Squat Thrusts | Curl Downs | Arm Switch | Jump Planks |

B I N G O

| | | | | |
|---------------|------------------|---------------|-------------------|------------------|
| Steam Engines | Calf Raises | Body Folds | Curl Downs | Jumping Jacks |
| Genie Sits | Frog Jumps | Ski Jumps | Switch Kicks | Jumping Jills |
| Bell Jumps | Shoulder Presses | Pushups | Mountain Climbers | Reverse Curl-ups |
| Scissor Kicks | Floor Taps | Squat Thrusts | Curl Downs | Arm Switch |
| Jump Planks | Leg Lifts | Curl-ups | Cross Overs | Squats |

B I N G O

| | | | | |
|------------------|---------------|------------------|---------------|-------------------|
| Squats | Steam Engines | Calf Raises | Body Folds | Curl Downs |
| Jumping Jacks | Genie Sits | Frog Jumps | Ski Jumps | Switch Kicks |
| Jumping Jills | Bell Jumps | Shoulder Presses | Pushups | Mountain Climbers |
| Reverse Curl-ups | Scissor Kicks | Floor Taps | Squat Thrusts | Curl Downs |
| Arm Switch | Jump Planks | Leg Lifts | Curl-ups | Cross Overs |

B I N G O

| | | | | |
|-------------------|------------------|---------------|------------------|---------------|
| Cross Overs | Squats | Steam Engines | Calf Raises | Body Folds |
| Curl Downs | Jumping Jacks | Genie Sits | Frog Jumps | Ski Jumps |
| Switch Kicks | Jumping Jills | Bell Jumps | Shoulder Presses | Pushups |
| Mountain Climbers | Reverse Curl-ups | Scissor Kicks | Floor Taps | Squat Thrusts |
| Curl Downs | Arm Switch | Jump Planks | Leg Lifts | Curl-ups |

B I N G O

| | | | | |
|---------------|-------------------|------------------|---------------|------------------|
| Curl-ups | Cross Overs | Squats | Steam Engines | Calf Raises |
| Body Folds | Curl Downs | Jumping Jacks | Genie Sits | Frog Jumps |
| Ski Jumps | Switch Kicks | Jumping Jills | Bell Jumps | Shoulder Presses |
| Pushups | Mountain Climbers | Reverse Curl-ups | Scissor Kicks | Floor Taps |
| Squat Thrusts | Curl Downs | Arm Switch | Jump Planks | Leg Lifts |

B I N G O

| | | | | |
|-------------------|------------------|---------------|------------------|---------------|
| Arm Switch | Jump Planks | Leg Lifts | Curl-ups | Curl Downs |
| Cross Overs | Squats | Steam Engines | Calf Raises | Body Folds |
| Curl Downs | Jumping Jacks | Genie Sits | Frog Jumps | Ski Jumps |
| Switch Kicks | Jumping Jills | Bell Jumps | Shoulder Presses | Pushups |
| Mountain Climbers | Reverse Curl-ups | Scissor Kicks | Floor Taps | Squat Thrusts |

B I N G O

| | | | | |
|------------|-------------------|------------------|---------------|------------------|
| Curl Downs | Arm Switch | Jump Planks | Leg Lifts | Squat Thrusts |
| Curl-ups | Cross Overs | Squats | Steam Engines | Calf Raises |
| Body Folds | Curl Downs | Jumping Jacks | Genie Sits | Frog Jumps |
| Ski Jumps | Switch Kicks | Jumping Jills | Bell Jumps | Shoulder Presses |
| Pushups | Mountain Climbers | Reverse Curl-ups | Scissor Kicks | Floor Taps |

B I N G O

| | | | | |
|------------------|---------------|---------------|------------------|-------------------|
| Reverse Curl-ups | Scissor Kicks | Floor Taps | Squat Thrusts | Mountain Climbers |
| Arm Switch | Jump Planks | Leg Lifts | Curl-ups | Curl Downs |
| Cross Overs | Squats | Steam Engines | Calf Raises | Body Folds |
| Curl Downs | Jumping Jacks | Genie Sits | Frog Jumps | Ski Jumps |
| Switch Kicks | Jumping Jills | Bell Jumps | Shoulder Presses | Pushups |

B I N G O

| | | | | |
|-------------------|------------------|---------------|---------------|------------------|
| Mountain Climbers | Reverse Curl-ups | Scissor Kicks | Floor Taps | Pushups |
| Curl Downs | Arm Switch | Jump Planks | Leg Lifts | Squat Thrusts |
| Curl-ups | Cross Overs | Squats | Steam Engines | Calf Raises |
| Body Folds | Curl Downs | Jumping Jacks | Genie Sits | Frog Jumps |
| Ski Jumps | Switch Kicks | Jumping Jills | Bell Jumps | Shoulder Presses |

B I N G O

| | | | | |
|------------------|---------------|-------------------|------------------|---------------|
| Leg Lifts | Curl-ups | Cross Overs | Squats | Steam Engines |
| Calf Raises | Body Folds | Curl Downs | Jumping Jacks | Genie Sits |
| Frog Jumps | Ski Jumps | Switch Kicks | Jumping Jills | Bell Jumps |
| Shoulder Presses | Pushups | Mountain Climbers | Reverse Curl-ups | Scissor Kicks |
| Floor Taps | Squat Thrusts | Curl Downs | Arm Switch | Jump Planks |

B I N G O

| | | | | |
|---------------|------------------|---------------|-------------------|------------------|
| Jump Planks | Leg Lifts | Curl-ups | Cross Overs | Squats |
| Steam Engines | Calf Raises | Body Folds | Curl Downs | Jumping Jacks |
| Genie Sits | Frog Jumps | Ski Jumps | Switch Kicks | Jumping Jills |
| Bell Jumps | Shoulder Presses | Pushups | Mountain Climbers | Reverse Curl-ups |
| Scissor Kicks | Floor Taps | Squat Thrusts | Curl Downs | Arm Switch |

B I N G O

| | | | | |
|------------------|---------------|------------------|---------------|-------------------|
| Arm Switch | Jump Planks | Leg Lifts | Curl-ups | Cross Overs |
| Squats | Steam Engines | Calf Raises | Body Folds | Curl Downs |
| Jumping Jacks | Genie Sits | Frog Jumps | Ski Jumps | Switch Kicks |
| Jumping Jills | Bell Jumps | Shoulder Presses | Pushups | Mountain Climbers |
| Reverse Curl-ups | Scissor Kicks | Floor Taps | Squat Thrusts | Curl Downs |

B I N G O

| | | | | |
|-------------------|------------------|---------------|------------------|---------------|
| Curl Downs | Arm Switch | Jump Planks | Leg Lifts | Curl-ups |
| Cross Overs | Squats | Steam Engines | Calf Raises | Body Folds |
| Curl Downs | Jumping Jacks | Genie Sits | Frog Jumps | Ski Jumps |
| Switch Kicks | Jumping Jills | Bell Jumps | Shoulder Presses | Pushups |
| Mountain Climbers | Reverse Curl-ups | Scissor Kicks | Floor Taps | Squat Thrusts |

B I N G O

| | | | | |
|---------------|---------------|------------------|------------|-------------------|
| Scissor Kicks | Floor Taps | Squat Thrusts | Curl Downs | Reverse Curl-ups |
| Arm Switch | Jump Planks | Leg Lifts | Curl-ups | Cross Overs |
| Squats | Steam Engines | Calf Raises | Body Folds | Curl Downs |
| Jumping Jacks | Genie Sits | Frog Jumps | Ski Jumps | Switch Kicks |
| Jumping Jills | Bell Jumps | Shoulder Presses | Pushups | Mountain Climbers |

B I N G O

| | | | | |
|------------------|---------------|---------------|------------------|-------------------|
| Reverse Curl-ups | Scissor Kicks | Floor Taps | Squat Thrusts | Mountain Climbers |
| Curl Downs | Arm Switch | Jump Planks | Leg Lifts | Curl-ups |
| Cross Overs | Squats | Steam Engines | Calf Raises | Body Folds |
| Curl Downs | Jumping Jacks | Genie Sits | Frog Jumps | Ski Jumps |
| Switch Kicks | Jumping Jills | Bell Jumps | Shoulder Presses | Pushups |

B I N G O

| | | | | |
|---------------|------------------|---------------|-------------------|------------------|
| Bell Jumps | Shoulder Presses | Pushups | Mountain Climbers | Jumping Jills |
| Scissor Kicks | Floor Taps | Squat Thrusts | Curl Downs | Reverse Curl-ups |
| Arm Switch | Jump Planks | Leg Lifts | Curl-ups | Cross Overs |
| Squats | Steam Engines | Calf Raises | Body Folds | Curl Downs |
| Jumping Jacks | Genie Sits | Frog Jumps | Ski Jumps | Switch Kicks |

B I N G O

| | | | | |
|------------------|---------------|------------------|---------------|-------------------|
| Jumping Jills | Bell Jumps | Shoulder Presses | Pushups | Switch Kicks |
| Reverse Curl-ups | Scissor Kicks | Floor Taps | Squat Thrusts | Mountain Climbers |
| Curl Downs | Arm Switch | Jump Planks | Leg Lifts | Curl-ups |
| Cross Overs | Squats | Steam Engines | Calf Raises | Body Folds |
| Curl Downs | Jumping Jacks | Genie Sits | Frog Jumps | Ski Jumps |

B I N G O

| | | | | |
|---------------|-------------------|------------------|---------------|------------------|
| Squat Thrusts | Curl Downs | Arm Switch | Jump Planks | Leg Lifts |
| Curl-ups | Cross Overs | Squats | Steam Engines | Calf Raises |
| Body Folds | Curl Downs | Jumping Jacks | Genie Sits | Frog Jumps |
| Ski Jumps | Switch Kicks | Jumping Jills | Bell Jumps | Shoulder Presses |
| Pushups | Mountain Climbers | Reverse Curl-ups | Scissor Kicks | Floor Taps |

B I N G O

| | | | | |
|------------------|---------------|-------------------|------------------|---------------|
| Floor Taps | Squat Thrusts | Curl Downs | Arm Switch | Jump Planks |
| Leg Lifts | Curl-ups | Cross Overs | Squats | Steam Engines |
| Calf Raises | Body Folds | Curl Downs | Jumping Jacks | Genie Sits |
| Frog Jumps | Ski Jumps | Switch Kicks | Jumping Jills | Bell Jumps |
| Shoulder Presses | Pushups | Mountain Climbers | Reverse Curl-ups | Scissor Kicks |

B I N G O

| | | | | |
|---------------|------------------|---------------|-------------------|------------------|
| Scissor Kicks | Floor Taps | Squat Thrusts | Curl Downs | Arm Switch |
| Jump Planks | Leg Lifts | Curl-ups | Cross Overs | Squats |
| Steam Engines | Calf Raises | Body Folds | Curl Downs | Jumping Jacks |
| Genie Sits | Frog Jumps | Ski Jumps | Switch Kicks | Jumping Jills |
| Bell Jumps | Shoulder Presses | Pushups | Mountain Climbers | Reverse Curl-ups |

B I N G O

| | | | | |
|------------------|---------------|------------------|---------------|-------------------|
| Reverse Curl-ups | Scissor Kicks | Floor Taps | Squat Thrusts | Curl Downs |
| Arm Switch | Jump Planks | Leg Lifts | Curl-ups | Cross Overs |
| Squats | Steam Engines | Calf Raises | Body Folds | Curl Downs |
| Jumping Jacks | Genie Sits | Frog Jumps | Ski Jumps | Switch Kicks |
| Jumping Jills | Bell Jumps | Shoulder Presses | Pushups | Mountain Climbers |

B I N G O

| | | | | |
|------------------|-------------|-------------------|------------------|---------------|
| Shoulder Presses | Pushups | Mountain Climbers | Reverse Curl-ups | Bell Jumps |
| Scissor Kicks | Floor Taps | Squat Thrusts | Curl Downs | Arm Switch |
| Jump Planks | Leg Lifts | Curl-ups | Cross Overs | Squats |
| Steam Engines | Calf Raises | Body Folds | Curl Downs | Jumping Jacks |
| Genie Sits | Frog Jumps | Ski Jumps | Switch Kicks | Jumping Jills |

B I N G O

| | | | | |
|------------------|------------------|-------------|-------------------|---------------|
| Bell Jumps | Shoulder Presses | Pushups | Mountain Climbers | Jumping Jills |
| Reverse Curl-ups | Scissor Kicks | Floor Taps | Squat Thrusts | Curl Downs |
| Arm Switch | Jump Planks | Leg Lifts | Curl-ups | Cross Overs |
| Squats | Steam Engines | Calf Raises | Body Folds | Curl Downs |
| Jumping Jacks | Genie Sits | Frog Jumps | Ski Jumps | Switch Kicks |

B I N G O

| | | | | |
|------------------|-------------|-------------------|------------------|---------------|
| Frog Jumps | Ski Jumps | Switch Kicks | Jumping Jills | Genie Sits |
| Shoulder Presses | Pushups | Mountain Climbers | Reverse Curl-ups | Bell Jumps |
| Scissor Kicks | Floor Taps | Squat Thrusts | Curl Downs | Arm Switch |
| Jump Planks | Leg Lifts | Curl-ups | Cross Overs | Squats |
| Steam Engines | Calf Raises | Body Folds | Curl Downs | Jumping Jacks |

B I N G O

| | | | | |
|------------------|------------------|-------------|-------------------|---------------|
| Genie Sits | Frog Jumps | Ski Jumps | Switch Kicks | Jumping Jacks |
| Bell Jumps | Shoulder Presses | Pushups | Mountain Climbers | Jumping Jills |
| Reverse Curl-ups | Scissor Kicks | Floor Taps | Squat Thrusts | Curl Downs |
| Arm Switch | Jump Planks | Leg Lifts | Curl-ups | Cross Overs |
| Squats | Steam Engines | Calf Raises | Body Folds | Curl Downs |

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THANK YOU FOR BEING COMMITTED TO MAKING OUR CHILDREN LEARN HOW TO LIVE A HEALTHIER LIFESTYLE. I HOPE THEY WILL ENJOY THE FITNESS ACTIVITIES AND LEARN HOW TO KEEP THEMSELVES PHYSICALLY ACTIVE. REMEMBER FITNESS CAN BE FUN!