

PE Exercise Bingo

Flip a coin onto the bingo board and complete the task it lands on. Once the task has been completed, color in that square.

Jog in place for one minute	Challenge family members to see how many sports teams you can name	Skip around the house	Watch a YouTube video on the history of basketball	Bounce, toss or dribble a ball
Follow along with an exercise video on YouTube	Do 20 arm circles forward, 20 arm circles backwards	Hop in place and sing the ABCs	Do 20 jumping jacks	Follow along with a Just Dance video on YouTube
Go outside and play	Dance to a song with your family	Free Space! Wash your hands!	Do 15 push-ups	High five everyone in your family
Challenge family members to see how many athletes you can name	Complete 20 mountain climbers	Watch a YouTube video on the history of soccer	Do 20 lunges	Do 15 sit-ups
Balance on one foot for ten seconds then switch to the other foot	Create your own game to play at home	Follow along with a Cosmic Kids Yoga video on YouTube	Ask a family member what their favorite sport is and why	Go for a run outside with a family member