

Winter PE Bingo

NAME: _____

TEACHER: _____

INDOOR WORKOUT (choose one sheet)

****CHOOSE 5 EXERCISES TO MAKE A BINGO (5 IN A ROW)****

B	I	N	G	O
DO 10 BURPEES	DO 10 SIT-UPS	CLEAN UP YOUR BEDROOM	BUILD A BLANKET FORT	DO 10 PUSH-UPS
DANCE FOR 1 SONG WITH A FRIEND	DO 10 JUMPING JACKS	STRETCH FOR 2 MINUTES	PUT YOUR CLOTHES AWAY	JUMP AS HIGH AS YOU CAN 10 TIMES
DO 10 JUMPING JILLS	PLAY THE FLOOR IS LAVA	FREE CHOICE	PLAY A GAME OF TAG	DO 10 LUNGES
DO 10 BURPEES	CLEAN 2 ROOMS IN THE HOUSE	DO 1 MINUTE A PLANK	BEAR CRAWL AROUND THE HOUSE	SKIP FOR 1 MINUTE
DO 10 SIT-UPS	DO 10 SQUAT JUMPS	FOLD YOUR LAUNDRY	DO 10 SQUATS	SWEEP/ VACUUM THE FLOOR

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NAME: _____

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OUTDOOR WORKOUT (choose one sheet)

CHOOSE 5 EXERCISES TO MAKE A BINGO (5 IN A ROW)

B	I	N	G	O
BUILD A SNOWMAN	MAKE A PICTURE IN THE SNOW	TAKE A WALK OUTSIDE	BUILD A BLANKET FORT INSIDE	DO 10 PUSH-UPS IN THE SNOW
MAKE 10 SNOW ANGELS	SHOVEL SNOW FOR 10 MINUTES	MARCH 20 STEPS IN THE SNOW	CLIMB UP 2 HILLS OF SNOW	MAKE A SNOWBALL AS BIG AS YOU CAN
MAKE 10 SNOWBALLS	THROW 10 SNOWBALLS AT A TREE	FREE CHOICE	BUILD A SNOW FORT	DANCE IN THE SNOW
GO ICE SKATING	WRITE YOUR NAME IN THE SNOW	JUMP INTO A SNOW PILE	PLAY OUTSIDE FOR 10 MIN.	SKIP FOR 30 SECONDS
PULL SOMEONE IN A SLED	PLAY WITH A FRIEND OUTSIDE	ROLL DOWN A HILL 2 TIMES	MAKE A SNOW ANIMAL	GO SLEDDING

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