

Grade3-5 GYM Bingo

Parent/Guardian Signature _____

<p>Perform a plank for as long as you can, three times.</p>	<p>Jog on the spot for 30seconds, Knee scale for 10 seconds. Repeat</p>	<p>Play rock paper scissors: Win - 30 second dance party Tie - 30 second crab walk Lose - 10 push-ups</p>	<p>Sing or listen to your favorite song and vigorously move to the beat.</p>	<p>Perform 3 different balances for as long as you can.</p>
<p>Do 15 burpees</p>	<p>Play a game that is active, YOU decide.</p>	<p>Do 25 scissor jumps, drink a cold glass of water.</p>	<p>PE Jog in place for 60 seconds</p>	<p>Do the chair and list as many healthy snack as you can think of.</p>
<p>Do 25 crab kicks then 25 arm circles.</p>	<p>With permission from an adult, Watch a Coach Pirillo video on YouTube and follow along.</p>	<p>Pretend to skip rope for as long as you can.</p>	<p>Pretend you are in Pickleball rally. Use forehand and backhand shots.</p>	<p>Do 25 jumping jacks</p>
<p>Do 20 Dot Drill Jumps.</p>	<p>Practice the grapevine and crossover step.</p>	<p>Pretend you are in a basketball game. Dribble, pass and shoot.</p>	<p>Create and perform a dance.</p>	<p>With permission from an adult, watch and do a PE with Joe workout on YouTube.</p>