

## PE Activity BINGO!

Complete as many activity challenges as you can before Easter in order to make BINGO. Have your parent or an adult sign or date each completed activity.

**Remember you want at least 60 minutes of activity time or exercise each day!**

				
<p><b>FAMILY CHALLENGE:</b> Who can do the most push-ups?</p>	<p>No TV, video games or electronics for an entire day.</p>	<p>Play outside!</p>	<p>Show off your best dance moves for an entire song.</p>	<p><b>FAMILY CHALLENGE:</b> Who can do the most sit-ups?</p>
<p>Play catch/pass with a friend or family member.</p>	<p><b>FAMILY ACTIVITY:</b> Go on a walk, bike ride or hike.</p>	<p><b>CHALLENGE</b> Balance a ball on your head</p>	<p><b>FAMILY ACTIVITY:</b> Try a new activity or game together as a family.</p>	<p>Kick a ball back and forth with a friend or family member.</p>
<p>Speed bounce for 20 seconds Use a small object for the wedge</p>	<p>Do a star jumps for every letter of the alphabet.</p>	<p><b>FREE CHOICE!</b> What did you do? _____</p>	<p>Play your favourite tag game.</p>	<p>Go on a walk or run with a friend or family member.</p>
<p><b>CHALLENGE</b> How long can you balance on 1 leg</p>	<p><b>FAMILY ACTIVITY:</b> Play a board game or card game.</p>	<p>Do five minutes of stretching or yoga.</p>	<p><b>FAMILY ACTIVITY:</b> Read together as a family.</p>	<p>Build a tower out of lego, blocks, toothpicks or cups.</p>
<p><b>FAMILY CHALLENGE:</b> Who can do the longest wall-sit?</p>	<p>Create your own game and play it with a friend or family member.</p>	<p>Skip with a rope, using as many different ways as possible</p>	<p><b>CHALLENGE</b> How many Keepy Uppies can you do with a balloon, ball, racket &amp; ball</p>	<p><b>FAMILY CHALLENGE:</b> Who can do the longest plank?</p>