

PE BINGO

COMPLETE AT LEAST FOUR TASKS!

DANCE PARTY	FAMILY WALK	SQUATS ON COMMERCIAL BREAKS	YOGA
RUN AROUND THE BLOCK TWICE	50 JUMPING JACKS	ONE MINUTE WALL SIT	ONE MINUTE CRAB WALK
25 PARTNER SIT-UPS	MARCH IN PLACE TWO MINUTES	OUTSIDE GAME (BASKETBALL, SOCCER, CATCH)	CREATE YOUR OWN OBSTACLE COURSE
GO FOR A HIKE	SPRINT UP AND DOWN THE BLOCK	TEACH FAMILY FAVORITE PE GAME	BALANCE ON EACH LEG FOR 30 SECONDS

