GATOR BINGO

**Mark with an “X” the different activities you complete over the course of the week. How many different variations of BINGO can you get?**

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| B | I | N | G | O |
| Go on a family walk. | Help make Lunch/Supper. | Drink Eight glass of water in a day. | Put on some music and dance for five minutes. | Clean up your room before bed. |
| Take part in a BOKS daily fitness class. (Link at bottom) | Try a new activity. | Draw a picture of a PE Game you would like to play when we get back. | Do 10 minutes of Yoga. (Link at bottom) | 10 Jumping Jacks 10 Mountain Climbers 10 Burpees |
| Play outside for at least 15 minutes. | Have a Family Board game day/night. | FREE | Physical Activity of your choice. | Call a friend or family member to check in. |
| Build a fort. Inside or outside. | Skip 3 laps around your house. | Make yourself or your family a healthy snack. | Have a plank contest with somebody. | Teach a family member a skill or game you learned in PE class this year. |
| Walk up and down your stairs for 5 minutes. | Win 10 games of Rock, Paper, Scissors. | Send a picture (Through email or Facebook) to Mr. Ryan of you participating in physical activity. | Have a crab walk race with a family member. | Get 60 minutes of Physical Activity in a day. (Can be broken up throughout the day) |