

Movement Bingo

The object is to score a “**BINGO**” (5 squares in a row vertically, horizontally or diagonally). If it is a question box, you have to write your answer. If it is a physical activity box, you need to find others to do the physical activities with you and have them initial your **BINGO** box when the task is completed. You may use each person no more than 2 times. If you finish before the signal, your *Closing Challenge* is to help others get a **BINGO**.

What is “Body Composition”?	Jog in place for 30 seconds.	Do 10 Push-ups.	Which is lighter: fat or muscle?	Execute 15 curl-ups.
Walk the perimeter of the classroom 1X.	Name 2 healthy foods in the Meats and Beans category of MyPyramid.	Hold a yoga pose for 30 seconds.	How many servings of fruits and veggies are recommended daily for kids?	Perform 30 cross crawls.
Name 3 types of aerobic activities.	Execute 20 jumping jacks.	FREE SPACE	Imaginary jump rope 20X.	Find someone who likes to play basketball.
Find someone who likes to play soccer.	Name a strength-building exercise.	Name 3 healthy foods in the Milk category of MyPyramid.	Do 10 squats.	What type of physical activities help to burn body fat?
Toss and catch a tossable with a partner 10X.	Find someone who ate 2 or more fruits yesterday.	Name 3 benefits of physical activity.	Perform 5 toe touches.	Name 3 vegetables.