



# Phys Ed Bingo



Every time you complete an activity, colour it in and see how long it takes to fill the whole chart!

15 jumping jacks 15 push ups 15 toe touches	Make an obstacle course	Go for a walk outside
Dance Party	Scavenger Hunt	The floor is lava Put things on the ground and see if you can move around without touching the floor
Run on the spot for as long as you can	Pillow Fight	Go biking or running outside
Simon Says	Balloon Volleyball	Make up a dance and perform it for your family