






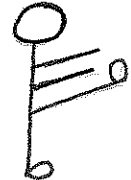







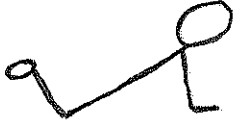


## Exercise Bingo

The purpose of the game is to travel as quickly as possible to the 4 walls of the gymnasium, draw the stick figure exercise in the box, and complete the exercise the designated number of times. Each time a drawing and exercise are completed, the student or group must move to a different wall and find a new exercise to do and draw. This continues until the card is complete.

The card may be modified to have fewer or more squares depending upon time and space. The teacher must remember that if he/she uses a student paper with 16 spaces, then 16 exercise cards must be made and placed around the 4 walls.

For safety reasons, do not let students travel with pencils or pens. Supply washable markers that are capped.

Exercise Examples:

<p><b>1</b> <u>Jumping Jack</u></p>  <p>4x 6x 8x</p>	<p><b>2</b> <u>Mountain Climber</u></p>  <p>4x 6x 8x</p>	<p><b>3</b> <u>Knee Lift</u></p>  <p>4x 6x 8x</p>	<p><b>4</b> <u>Toe Touch</u></p>  <p>4x 6x 8x</p>
<p><b>5</b> <u>Washing Machine</u></p>  <p>4x 6x 8x</p>	<p><b>6</b> <u>Football Kick</u></p>  <p>4x 6x 8x</p>	<p><b>7</b> <u>Lunge</u></p>  <p>2x 4x 6x</p>	<p><b>8</b> <u>Situp</u></p>  <p>4x 6x 8x</p>
<p><b>9</b> <u>Coffee Grinder</u></p>  <p>1x 2x 3x</p>	<p><b>10</b> <u>Arm Circle</u></p>  <p>4x 6x 8x</p>	<p><b>11</b> <u>Regular Push-Up</u></p>  <p>2x 3x 4x</p>	<p><b>12</b> <u>Side Bend</u></p>  <p>4x 6x 8x</p>
<p><b>13</b> <u>Single Knee Raise</u></p>  <p>4x 6x 8x</p>	<p><b>14</b> <u>Knee Push-Up</u></p>  <p>2x 3x 4x</p>	<p><b>15</b> <u>Kangaroo Jump</u></p>  <p>3x 4x 5x</p>	<p><b>16</b> <u>Jog in Place</u></p>  <p>8x 10x 12x</p>

# Exercise Bingo Game

## Basic Rules:

1. You do not have to travel to the numbers in any certain order. The teacher will designate how to travel (example: power walk, jog, skip, etc.).
2. You must change walls each time you are ready to fill in a new square. The square you fill in must match the card with the same number on it.
3. If working in a group, one person must draw the stick figure exercise in the box while everyone else does the exercise the designated number of times. (lowest #, middle #, highest #)
4. If working in a group, the job of drawing must continually rotate to each member in your group.
5. If working individually, the drawing must be done before the exercise is complete.

## Exercise Bingo Card

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16