


November Fitness Bingo!

Stretch for every commercial during TV time!	Do 15 Burpees	Set up a Ninja Warrior course for your family to enjoy @ home	Sit & Reach stretch while reading	Shoot 20 baskets outside
Do 30 seconds of push-ups	Plank while reading	8 minutes of jogging with your family	25 mountain climbers 3 times in a day	Play a ball activity with a family member
Play actively with your family for 30 minutes	Play catch (underhand or overhand)	 Free!	Go for a run with your family	Get 60 minutes of physical activity 2 consecutive days!
Eat a rainbow of colors on your dinner plate	Family plank challenge! Who can hold the longest?	Eat a heart smart dinner	Squeeze a tennis ball for grip strength 10x's	Do Superman for a minute with your family
Play corn hole with your family Make your own equipment	After school go without electronics and play outside	After school go without electronics and play outside	Play <u>RPS Split</u> With your family	After school go without electronics and play outside

Name _____ Teacher: _____

Please return to Mrs. Bussell by 10:00 am December 3rd to earn a foot token and be included in the drawing for you and 7 friends to use the gym for lunch recess on a rainy day!

Created by: Mrs. Bussell and Friends