



Active Bingo

Pre-K Standards

- Math: 1.PK.3a
- Physical Development: 1.PK.1, 2.PK.1, 2.PK.2, 3.PK.1, 3.PK.2, 4.PK2.1



Instructions

- Step 1: Give each person a playing board. (Playing cards attached.)
- Step 2: Choose a card from the pile and read aloud the action on the card
 - Ex. 5 jumping jacks
 - Ex. 3 hops
- Step 3: Each person will then perform the action and then mark off the action on the card.
- Step 4: First person to have 3 actions in a row wins.

Skills

- Balance
- Spin on one foot
- Jumping
- Hopping on one foot
- Some cardio
- Some muscle strength

Do 5 Jumping Jacks



Touch your toes and hold for 10 Seconds



Run in place for 15 seconds



Hop on one foot 10 times



FREE CHOICE



Jump as high as you can 5 times



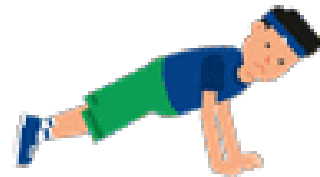
Balance on one foot for 10 seconds



Spin around 3 times



Do 3 pushups



Do 5 Jumping Jacks



Hop on one foot 10 times



Spin around 3 times



Touch your toes and hold for 10 seconds



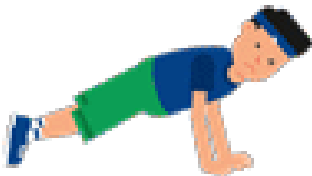
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Balance on one foot for 10 seconds



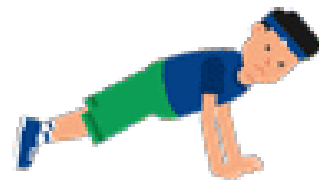
Hop on one foot 10 times



FREE CHOICE



Do 3 pushups



Run in place for 15 seconds



Do 5 Jumping Jacks



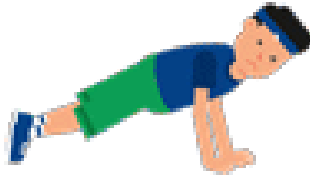
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FREE CHOICE



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FREE CHOICE



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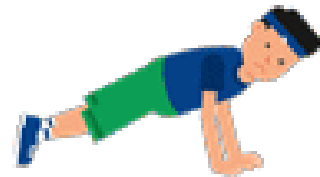
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Do 5 Jumping Jacks



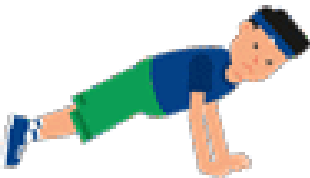
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