

Assignment #1: Fitness Bingo DUE 3/30 (Turn in via Bus Run)



FITNESS BINGO



15 Jump Rope Motions 	Dance in Place- 10 	5 Tuck Jumps 	10 Toe Touches 	Skip in a Circle 5 Times 
10 Half Turn Jumps 	10 Curl Ups 	Butterfly Stretches- 15 	8 Star Jumps 	15 Tramp Bounces 
15 Skier Jumps 	10 Quad Stretches 	7 Burpees 	12 Scissor Steps 	10 Straddle Stretches 
Wall Sit- 15 	Jog in a Circle- 5 times 	Plank Hold- 15 	10 Jumping Jacks 	12 Neck Rotations 
Run in Place- 10 	20 Arm Rotations 	15 Mountain Climbers 	7 Squat Jumps 	March in Place- 10 

Reflection Questions

Question 1: What was your favorite BINGO to achieve?

Question 2: After performing your BINGO, was your heart beating faster or slower? Do you know why?

Mr. DuVall misses you! I hope you all are staying healthy, safe, and active!