


April Fitness Bingo!



Stretch for every commercial during TV time!	Do 15 Burpees	Go for a bike ride with your family! (wear your helmet)	Sit & Reach stretch while reading	Do 20 Shoot 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)	 <p>Free!</p>	Go for a run with your family	Stretch with your family for 10 minutes
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
After school go without electronics and play outside	After school go without electronics and play outside	After school go without electronics and play outside	After school go without electronics and play outside	After school go without electronics and play outside

Name _____ Grade: K 1 2 3 4 5

Please return to Mrs. Bussell by 10:00 am April 25th

Parent signature _____

Which activities did you like the best and why?