

B	I	N	G	O
<p>20 Big Arm Circles (back & front) 10 Crunches (sit-ups) 20 Jumping Jacks</p>	<p>Chalk your walk: Create an agility ladder, hopscotch, and obstacle course on your sidewalk/driveway Use different exercises and locomotor skills: skip, run, hop, walk, gallop, etc</p>	<p>Target Throwing or bowling: Create a target (plastic bottles, plastic cups, hula hoops, trees, etc) and throw or roll hitting the target. Play with a family member and keep score!</p>	<p>Create an outdoor obstacle course: Think pathways, exercises and locomotor movements (balance line, zigzag line, bear crawl, throwing objects to target)</p>	<p>Jump in 20 imaginary puddles. "Make big splashes!" Challenge yourself to jump farther each time. *Remember: take off and land with two feet</p>
<p>Toss a stuff animal or ball to yourself during a commercial How many catches can you make before your show comes back on?</p>	<p>10 Squats - sit in an imaginary chair 10 Frog Jumps - squat down and touch both hands to the ground and then jump</p>	<p>10 hops on your left foot. 10 hops on your right foot 10 hops with both feet</p>	<p>Hand dribble with a ball or pretend ball. 25 Right hand dribbles 25 Left hand dribbles. 25 crossover dribbles (Left to right)</p>	<p>Skip around the house inside or outside singing your favorite song!!</p>
<p>Roll up a towel or blanket. Jump side to side over it 20 times like a skier. Jump forward and backward over it 20 times like a bell.</p>	<p>Move through your house or outside using different animal walks. Crab, bear, monkey, frog, etc. What other animals can you do?</p>	<p>FREE SPACE</p>	<p>Move for 10-20 minutes. Walk, run, bike, etc outside or in your home.</p>	<p>Make a bridge, all hands and feet on ground. Then make different bridges (1 hand in air, 1 leg in air, 1 leg & hand in air)</p>
<p>30 cross Body punches (punch across your body (right hand punch to left side) 30 Vertical Boxers (punch to the sky (left to right, right to left)</p>	<p>Balance showdown!! Face off with someone in your family and hold a balance of your choosing. Who can balance the longest?</p>	<p>ABC Push-ups 10 sit-ups</p>	<p>5 push-ups in each room of your house (bent knees or straight leg position)</p>	<p>Measure 6 feet distance practice hopping, skipping, galloping, sliding, jumping, crab walks, etc</p>
<p>Practice Jump roping with an imaginary rope or real one</p>	<p>Ask someone at home to do 10 of any exercises with you. Try at least 5 different exercises (ex. Toe touches, jumping jacks,) Your choice</p>	<p>Catch an object (scarves, bags, ball, stuffed animal, etc) 20 toss, catch with 2 hands 20 toss, catch with 1 hand 20 toss from one hand and catch with opposite hand 20 toss, clap and catch</p>	<p>Create a dance routine (pick 4 of your favorite moves that you know) Repeat each moves 4 times. Pick your favorite song and dance!!</p>	<p>Jog in place while counting by 2's up to 50.</p>

Mrs. Pilon PE

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**Check out my website for further activities
Schools (79th, Cataract, Kalfas)**

Week: 3

Grade: 1st

Lesson Title and NYS Learning Standard 1 and 2

Warm up & Cool downs: Part of the bingo activity!

Activity: Fitness Bingo

- Classic Bingo (complete 5 in a row, across, down or diagonal)
- 4 corners (complete the 4 challenges in the corners of the board)
- X double bingo (completing the challenges to make an X pattern on the board from the corners through the middle)
- Blackout (Complete every challenge on the board) ***Most requested

These activities can be worked out throughout the week. Please adapt to meet the needs of the students.